

LIZZIE LAU

WRITER

REFORMED ADRENALINE JUNKIE

TOP 30 VANCOUVER MOM BLOGGER

RETIRED YACHT CHEF & MOM

ADVENTURER ✈️ WORLD TRAVELER



I've traveled to 34 countries, and recently returned home to live in BC after nearly 20 years of living abroad while working as a chef in the yachting industry. I blog at lizzielau.com, help clients build and maintain their social media presence, and can be packed to go anywhere in about 10 minutes.

100,000+ Total Monthly Reach

(combination of social media impressions & website visits)



11.6K followers



1.5K followers



1K followers



2.6K followers



Readership includes a highly engaged audience of active parents and travelers.



Giveaways, sponsored posts, social media shares, website and graphic design, social media management.



Also seen on The woman Formerly Known as Beautiful, SMARTliving360 + Vancouver Kids Fashion Week



Fees available upon request. Have something else in mind, contact me! For all enquiries lizzie@lizzielau.com

A FEW OF THE BRANDS I'VE WORKED WITH



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