

BOUQUET

by FLOURISH

A curated collection of services. Take the stems you need. Create your custom BOUQUET

PEN | Writing & Content • From a single blog post to a full editorial calendar, this is seasoned writing and content strategy in service of your platform.

MARK | Brand & Voice • The words, tone, and name that make your brand unmistakably yours – developed with strategic and theological intentionality.

BUILD | Product Design • From the idea you can't stop thinking about to the offer someone can actually buy – product development, naming, and ministry launch support.

DIRECTION | Mentoring & Clarity • Seasoned eyes on your work, your season, and your next right step.

TOGETHER | Events & Gatherings • Concept, flow, and atmosphere for the gathering you've been called to host – from intimate dinners to full retreats.

HAUS | Home Design • Fresh eyes on your existing space – furniture, color, systems, and rhythm – without a shopping trip required.

ORDER | Organizing • Practical, personalized organization for the spaces that run your home – pantry to closet to whole-house reset.

SACRED | Domestic Church Design • Catholic home curation that moves beyond ingredients to intention – spaces that form the people living in them.

VOICE | Public Speaking & Witnessing • Custom keynotes, retreat facilitation, and breakout sessions written for your audience, your theme, and your moment.

LENS | Product Photography • Product, flatlay, and brand photography that gives Catholic makers and small businesses images worth showing up with.

P E N

Writing & Content

BLOG POST WRITING | Ghost-write or co-write a single post with Martina. Includes research, SEO framing, and formatting. Delivered as Word doc and WordPress-ready HTML. 3-5 hrs/post. **\$350-500/post** | **Retainer (4 posts/mo): \$1,200-1,500/mo** (available virtually)

BLOG POST IDEA BRAINSTORMING | 90-minute working session generating 3-6 months of post ideas keyed to your audience, SEO goals, and content gaps. Deliverable package included. **\$175-225/session** (available virtually)

EDITORIAL CALENDAR STRATEGY | Full content audit plus a 3-month forward calendar with topic clusters, posting cadence, and SEO anchors. 4-6 hrs total. Deliverable package included. **\$500-700/project** (available virtually)

PRODUCT REVIEW | For Catholic brands, makers, and small businesses seeking an honest, theologically grounded review from a Catholic woman with 14 years of editorial experience and an established audience. Products are reviewed on Catholic Sistas and/or shared across social platforms. Compensation is by payment or in-kind exchange - details and deliverables determined at inquiry. Inquire for current availability and rates.

SOCIAL MEDIA CONTENT | One 60-90 minute session generating 30-60 days of post ideas - hooks, angles, and caption starters across your platforms. **\$150-200/session** (available virtually)

SOCIAL MEDIA AUDIT | Review of existing accounts: bio, branding consistency, content performance, hashtag strategy, and posting cadence. Deliverable: written report with specific action items. 2-3 hrs per platform. **\$300-500/audit** (single platform) | **\$600-900** (up to 3 platforms) (available virtually)

SOCIAL MEDIA GRAPHICS | Done-for-you branded graphics for feed posts, story frames, Pinterest pins, or blog featured images. Delivered as editable Canva templates so you can refresh them yourself going forward. **\$35-55/graphic** | Sets of 10+: **\$30-45/graphic** (available virtually)

COPY POLISH | For the woman who has already written something and just needs a skilled editor to make it shine. This is a light-touch editorial pass - grammar, flow, sentence rhythm, word choice, and consistency - without restructuring what you've built. You wrote it; I make it land. Delivered with tracked changes and brief editorial notes. Blog post or article (up to 1,500 words): **\$75-\$125** | Website page (up to 800 words): **\$65-\$100**

CONTENT EDIT | Deeper than a polish, lighter than a rewrite. This is a full editorial review of structure, argument, clarity, and voice – does it say what you mean, in the right order, for the right reader? Includes tracked changes plus a written editorial letter with specific observations and recommendations. Best for content that matters: a cornerstone blog post, a website overhaul, a keynote you'll deliver more than once. Blog post or article (up to 2,000 words): **\$150-\$225** | Website (up to 5 pages): **\$350-\$500** | Speaking script or talk (up to 45 min): **\$200-\$300**

EDITORIAL RETAINER | For the woman publishing consistently who wants a seasoned editorial eye on everything that goes out. Monthly access to both copy polish and content edit services across your platforms, with a set number of pieces per month and a 48-hour turnaround. Scope set at intake. 2 pieces/mo: **\$200-\$275/mo** | 4 pieces/mo: **\$350-\$475/mo** | 6 pieces/mo: **\$500-\$650/mo**

M A R K

Brand & Voice

BRAND VOICE AND IDENTITY CONSULT | A 2-hour working session to define tone, language, what you stand for, what you never say, and how you sound across every platform. Deliverable: one-page brand voice guide. **\$400-600/session** (available virtually)

BRAND NAME CONSULT | Naming a business, product, ministry, or offer with sound theology and strategic intentionality. Includes discovery conversation, research, 3-5 name options with rationale, and tagline directions. 4-6 hrs total. **\$600-900/project** (available virtually)

BRAND IDENTITY SUITE | The complete brand build -- voice, naming, color palette, typography, tagline, and a finished brand board delivered as a cohesive system. For the woman starting from scratch or ready for a full rebrand. Includes pre-work document, two to three working sessions, and final delivery with minor revisions. 6-8 hrs total. **\$1,200-1,500/project** (available virtually)

BUILD

Product Design

PRODUCT DEVELOPMENT CONSULT | For the woman with an idea she can't stop thinking about -- a physical product, a digital offer, a course, a tool, or something that doesn't have a category yet. This is the work of taking what's in your head and building a path to what's in someone's hands.

Not sure if it's a product yet? Start with a **Product Brainstorm Session** -- a standalone 90-minute working session to pressure-test your concept, map the market you're entering, and determine whether and how to build. Includes pre-work document and a written product map delivered after the session. **\$225-\$325/session**

Ready to build? The full consult takes the brainstorm further -- working through naming, positioning, pricing architecture, and the development sequence that makes sense for your season and resources. Because product work often touches intellectual property and proprietary processes, and for the protection of both parties, the full consult begins with a required discovery call before any session is booked.

Brainstorm session: **\$225-\$325** | Physical product development (4-6 hrs, phased): **\$600-\$900/project** | Digital product or course development (3-5 hrs): **\$450-\$700/project** | Discovery call: complimentary (available virtually)

PRODUCT NAMING | A brand name can carry a business. A product name has to do something harder - it has to sell. It needs to be memorable on its own, make sense inside your existing brand, and hold up legally and in search. Whether you're naming a single offer, a course, a physical product, or a full product line, this is strategic naming work with theological and market intentionality. Includes discovery conversation, research, 2-4 name options per product with rationale, tagline directions, and a brief on why each name works - and where it could go. Single product or offer: **\$350-500** | Full product line (up to 4 names): **\$700-1,000** (available virtually)

MINISTRY LAUNCH CONSULT | For the woman called to start something - a Catholic apostolate, a prayer group, a women's outreach, a formation ministry - who needs help translating that call into a structure that can actually live and grow. This is not business consulting applied to ministry. It is mentoring that begins with mission and builds from there - canonical considerations, parish relationship, scope of charism, sustainability, and the practical shape of the first year. Includes pre-work document, 90-minute session, and written next-steps summary. **\$350-500/session** (available virtually)

DIRECTION

Mentoring & Clarity

BUSINESS CLARITY SESSION | Consult and pre-work document sent in advance. 90-minute session structured around your current stuck point - offer, positioning, pricing, or direction. Deliverable: written summary of next steps. **\$300-400/session** (available virtually)

FLOURISH MENTORING | ROOTS | The foundational arc of the Flourish mentoring table -- and the place every client begins. ROOTS includes three sessions: Uncover, Discover, and Emerge. Each session builds on the last, moving from honest inventory to clarity to next right step. Begins with a complimentary Encounter call to ensure the fit is right. Paid in full before the first session begins. **\$450/package** (available virtually)

SPEAKER CONTENT REVIEW | For dioceses, conference coordinators, and event organizers who want more than a speaker's bio before handing them a microphone. This is a theological content review of submitted speaker materials - outlines, full

manuscripts, or recorded talks - assessed for doctrinal accuracy, alignment with Church teaching, and content that could create confusion or scandal among a Catholic audience. Findings are delivered as a written report with specific notations and, where relevant, suggested revisions. This is not an imprimatur process and does not carry canonical authority - it is a professional review by a theologically formed Catholic content expert with 14 years of editorial experience in Catholic women's media, offered as a practical safeguard for event organizers who take that responsibility seriously. Single speaker review: **\$200-350** | Conference roster (3-5 speakers): **\$600-950** | Rush review (72-hour turnaround): add **\$150** (available virtually)

DIOCESAN CONTENT REVIEW - RETAINER | For parishes, schools, and diocesan offices that publish regularly and want a theologically formed editorial eye on what goes out. Formation newsletters, parent communications, bulletin inserts, curriculum supplements, and program materials all carry the weight of the Church's voice - and most are produced without any doctrinal review layer. This retainer provides ongoing access to theological editorial review, written feedback, and content guidance each month. Scope and cadence are set at intake based on your publication volume. Monthly retainer: **\$350-600/mo** (minimum 3-month engagement) | Single publication or document review: **\$150-300** (available virtually)

HOMESCHOOL CURRICULUM CONTENT CONSULT* | For Catholic homeschool families developing their own materials and small curriculum publishers who want an experienced editorial and pedagogical read before they publish. This is a review of clarity, age-appropriate framing, internal consistency, and whether the materials form the whole child -- mind, will, and imagination -- or only inform them. Delivered as a written review with specific notations and revision suggestions. Single unit or module (up to 20 pages): **\$175-300** | Full curriculum level or course (up to 100 pages): **\$400-650** | Ongoing curriculum development consulting: **\$125/hr** (available virtually)

**This is not a canonical review and carries no ecclesiastical authority. It is an experienced editorial read from a Catholic laywoman with 14 years in Catholic women's media, offered as a practical resource for families and publishers who want thoughtful eyes on their work before it goes into a child's hands.*

ANNUAL PLANNING INTENSIVE | For the Catholic woman entrepreneur, creator, or ministry leader who wants to enter a new season with clarity rather than chaos. This is a half-day working session built around four movements - a honest review of the year behind, a spiritual inventory of where God has been in the work, a priorities reset for the season ahead, and a calendar architecture that makes those priorities actually possible. Not a goal-setting worksheet. Not a vision board. A real conversation about what the work is for, what it costs, what it's producing, and what needs to change. Includes pre-work document sent two weeks in advance, 3-hour working session, and a written seasonal map delivered within 48 hours. Best scheduled in Advent, before Lent, or at a natural business transition. **\$550-750/session** (available virtually) | Couples or co-founders: add \$100

LEGACY DOCUMENT CONSULT | Every woman who has built something - a business, a ministry, a family culture, a body of work - carries a story that has never been written down in one place. Not a resume. Not a bio. A living document that captures mission, values, the origin of the work, what it stands for, and what you want it to outlast you. This is the work of articulation - drawing out what you know but have never said plainly, and giving it a form that can be handed to a daughter, a successor, a board, or a future version of yourself. Includes two working sessions, a written discovery process sent in advance, and a final Legacy Document delivered as a designed PDF. 4-6 hrs total contact and production time. **\$700-1,000/project** (available virtually)

TOGETHER

Events & Gatherings

EVENT BRAINSTORMING AND PLANNING CONSULT | For women or organizations planning a retreat, dinner, workshop, or gathering. One 90-minute session to concept the event - theme, flow, atmosphere, and logistics skeleton. Extended planning support available. **\$175-225/session** | Extended support: **\$100/hr** (available virtually)

CANA'S VINEYARD COUPLE'S GROUP LAUNCH CONSULT | For the man, woman, or couple called to start an informal Catholic couples group in their parish or community. Built from a proven model of 10+ years, rooted in marriage, faith, family, spiritual growth, and community - we work through everything you need before you launch: group name and mission, patron saint, meeting structure, hosting rotation, content format, and how to invite well. Includes pre-work document, 90-minute session, and a Cana's Vineyard starter guide as your group's founding document. **\$250-375/session** (available virtually)

HAUS

Home Design

INTERIOR RE-DESIGN CONSULT | No new purchases required. Using what you already own, we re-imagine your space - furniture placement, art arrangement, layering textiles, editing what doesn't belong. A fresh room without a shopping trip. Single room (2 hrs): **\$300-450** | Whole-home re-fresh, up to 4 rooms (half day): **\$750-1,000** (available virtually) via video walk-through | *On-site visits available - inquire for details and pricing*

HOUSEHOLD SYSTEMS CONSULT | Routines and rhythms, meal planning structures, command center setup, seasonal rhythms, and responsibility systems for children. 90-minute audit plus deliverable package. Single session: **\$150-200** | Full implementation (3 sessions): **\$400-525** (available virtually) | *On-site visits available - inquire for details and pricing*

PAINT COLOR CONSULT | Choosing paint is one of the most paralyzing decisions in a home refresh - and one of the most transformative when it gets it right. Via video walk-through or on-site, we look at your lighting, your existing furniture and floors, and the feeling you want the room to hold. You leave with 1-3 specific color recommendations, finish guidance, and a clear path to the paint store. Single room (60 min): **\$150-200** | Whole home palette (2 hrs): **\$300-400** (available virtually) | *On-site visits available - inquire for details and pricing*

ORDER

Organizing

KITCHEN ORGANIZATION | Game plan via FaceTime or video walk-through, we assess your fridge, pantry, and cabinet situation together. You'll leave with a clear, step-by-step game plan to build a system that works for how your family actually lives - zones, categories, and a simple maintenance rhythm to keep it. Single zone - pantry or fridge (60-90 min): **\$125-175** | Full kitchen (2 hrs): **\$300-375** (available virtually) | **On-site visits available - inquire for details and pricing*

CLOSET AND BEDROOM ORGANIZATION GAME PLAN | Walk me through your closet or bedroom on video and we'll work through it together - what stays, what goes, how to arrange what's left. You leave with a written action plan to execute at your own pace. Per space (60-90 min): **\$125-175** | Master bedroom + closet (2-3 hrs): **\$275-375** (available virtually) | **On-site visits available - inquire for details and pricing*

WHOLE HOME RESET INTENSIVE | Kitchen plus two spaces in a single full-day intensive. Best for women in a season of reset - new home, postpartum, empty nest, or major life transition. **\$650-850/day** (available virtually) | **On-site visits available - inquire for details and pricing*

SACRED

Domestic Church Design

WALLS THAT PRAY - DOMESTIC CHURCH DESIGN | Catholic homes often have the ingredients but not necessarily the intention. This consult takes what your family already owns and arranges it with purpose - creating spaces that invite prayer and form the people living there. Includes curation guidance on what belongs, what's missing, and why it matters: family patron, liturgical anchors, seasonal rhythm, focal points that draw the eye and the heart. Single space or prayer corner (90 min): **\$250-350** | Whole home design, full curation (half day): **\$600-800** (available virtually) via video walk-through | *On-site visits available - inquire for details and pricing*

VOICE

Public Speaking & Teaching

KEYNOTE TALK | A custom-prepared talk for your Catholic conference, women's day of reflection, parish event, or entrepreneurship gathering. Every keynote is written for your specific audience and theme - not a recycled talk, not a generic presentation. Includes a pre-event call to understand your community and goals. In-person preferred. **\$750-\$1,500 + travel** | Parish and small ministry rate: **\$375-\$750 + travel** | Select virtual engagements considered

DAY RETREAT FACILITATION | Full design and facilitation of a Catholic women's day retreat – theme, content, two or three teaching sessions, prayer anchors, and a printed take-home resource for attendees. Includes pre-event planning call and all content preparation. In-person. **\$1,200-\$2,000/day + travel** | Parish and small ministry rate: **\$600-\$1,000/day + travel**

WORKSHOP OR BREAKOUT SESSION | A single focused session - 60 to 90 minutes - on Catholic entrepreneurship, content and platform, the domestic church, or a topic developed for your event's theme. Ideal for conferences, formation days, or leadership gatherings. In-person preferred; virtual available. **\$400-\$750 + travel** | Parish and small ministry rate: **\$200-\$375**

SPEAKING SCRIPT POLISH | You've written your talk. This is a light-touch editorial pass -- grammar, flow, sentence rhythm, and word choice -- so that when you stand up, every word sounds like you meant it. Delivered with tracked changes and brief editorial notes. Up to 30 min talk: **\$100-\$150**

LENS

Product Photography

PRODUCT PHOTOGRAPHY SESSION | Clean, intentional product images for Catholic makers, small businesses, and artisan brands. Shot with natural light and a photographer's eye developed over three decades. You ship your products - I handle everything else. Delivered as edited, high-resolution files ready for your website, Etsy shop, Amazon listing, or social media. Includes basic styling guidance and background selection. Return shipping at client's expense. Up to 10 products: **\$350-\$500** | Up to 20 products: **\$600-\$850**

STYLED FLATLAY SESSION | For the product that needs a story around it - layered compositions with props, texture, and context that communicate brand without a word. Ideal for seasonal launches, gift sets, subscription boxes, and editorial features. Includes pre-session style brief and Pinterest mood board alignment so the shoot reflects your brand before the first frame. You ship your products; I build the scene. Up to 5 compositions: **\$275-\$400** | Up to 10 compositions: **\$500-\$700**

BRAND PHOTOGRAPHY PACKAGE | A full library of images across product, lifestyle, and styled editorial - everything a brand needs to show up consistently across platforms for a full season. Includes pre-session brand brief, mood board alignment, and 15-20 edited deliverables. You ship your products; I do the rest. **\$450-\$700/session**

PHOTOGRAPHY CONTENT CONSULT | For the woman who wants to shoot her own products but doesn't know why her photos aren't working. One 60-minute virtual session covering light, composition, styling, and phone or camera settings for your specific product type. Includes a written cheat sheet afterward. **\$125-\$175/session** (available virtually)

*Many services include deliverable packages and most offerings are available virtually. All services are subject to current availability – inquire early, as the calendar fills quickly.

📩 Ready to get started? Reach out directly and tell me which service interests you and a little about where you are right now. I will get back to you within 48 hours. flourish.cs.mk@gmail.com