



Guest Blogger Information & Requirements

Thank you for your interest in becoming a guest writer for the Polka Dot Powerhouse Blog. Here are the blog post requirements:

- ✓ It should be of interest and value to members, not salesy, negative or gloomy!
- ✓ The post cannot specifically list a company by name nor can it discuss another company/brand negatively.
- ✓ No medical statements can be made unless they are termed "in my opinion."
- ✓ Please refrain from using swear words. If they are used, they will be changed.

LENGTH:

- ✓ Post should be around 500-750 words.
- ✓ **Blog posts over 1,000 words are too long**

FORMATTING:

- ✓ Send a Microsoft Word document which can be edited
- ✓ **Note: Do not use double-spacing between sentences. The rule has changed, it is now only a single space!**
- ✓ Avoid using too many exclamation points.
- ✓ Avoid using too many words that are all capitalized.

INCLUDE WITH THE BLOG:

- ✓ Blog Title
- ✓ A photograph you would like included if you have one (please make sure you have copyright privileges to use the image). Ideally the image size should be 870 x 435 pixels. If you don't have an image, we can create one for you.
- ✓ A short bio including name, business name, location, etc.
- ✓ Your website URL (if you have one)
- ✓ What Polka Dot Powerhouse chapter you attend or if you are a National Member
- ✓ A head shot picture of you

PROCESS:

- ✓ Once I receive your blog, I will forward it to our editor for approval. Some revisions may be made (formatting, correcting spelling and grammatical errors, etc.)
- ✓ Once the blog has been approved, it will go in the cue to be posted on the PDP website and then shared on Facebook, Twitter, and LinkedIn.
- ✓ How Often Can I Post?
 - Depending upon the number of writers we have, you may be eligible to post up to four times per year.

Please submit your blog and direct all questions to Paige Engle:

paige@polkadotpowerhouse.com