



Dr. Taq Kaur Bhandal

*A traveling executive and
hopefulness researcher*

About Me

Thank you so much for accessing the media kit for @imwithperiods. I am so honoured to collaborate with you through my blog, Instagram, and LinkedIn pages :) **I use my platform to support my community of busy executives who travel globally and frequently for work.** I love to partner with brands who promote work-life balance, improved wellness, and bringing family along for the adventure.

I started @imwithperiods as a faculty member at the University of British Columbia, and continue to post and share through my own current role as CEO of the **Hopefulness Research Institute** and a former Partner at **BIPOC Executive Search** in Toronto. For me, **@imwithperiods** acts as a catalyst and platform to share knowledge about hope, travel, and opulent mental health in an accessible way to my community of fellow executives.

The brand partners I feature are amazing companies in the wellness, tourism and travel industries who excel at what they do. We work together to connect the IWP community with brands that promote joy, healthy family relationships, and excellence in many different ways. Let's get started, shall we ;)

Base Service Rates

- Instagram Story: Gifted items or services
- Instagram Post: \$213 CAD / \$160 USD / £124
- Instagram Reel: \$430 CAD / \$320 USD / £250
- LinkedIn post: \$430 CAD / \$320 USD / £250
- Blog Post: \$1,720 CAN / \$1,275 USD / £1,000

Total: Base Service Fee + Gifted items or services

Contact Me

- ✉ bhandalt@alumni.ubc.ca
- 📍 Vancouver & Halifax, Canada
- 📷 Instagram: @imwithperiods
- 🌐 LinkedIn: Taq Kaur Bhandal

Audience

2,000,000+

People reached with our mission

96 Countries

Reached globally

\$180,000

Average salary of my LinkedIn
community