

Hi Jessica,

I loved your transparency in your recent Instagram post about how being a coach isn't always easy.

If you're looking to get more clients through your Instagram content, then I think this new reel format would be worth trying.

Coaches on Instagram are using "easy-to-make" 10-15-second text-based reels that are working well right now, and I believe you could post these reels to get at least 500 views consistently on every reel and sign new clients.

Would you like me to send you a quick 2-minute video where I show you exactly how to make those reels?

Best,
Nooh