



KAREN SPREY

COPY-CONTENT-CLIENT SUPPORT

ABOUT ME

Copywriting, content and client support virtual assistant with over twenty years experience across corporate, not-for-profit, small business, private enterprise and government.

I provide expertise and support to sole traders and small businesses so you can focus on what you do best and grow your business.

I am based on the Mornington Peninsula in Victoria, but work with you wherever you are.

Let's start a conversation!

CORE SERVICES

- Copywriting/editing/proofreading
- Web content development and management
- Social media management
- Event management
- Client liaison and support
- Workplace/community wellbeing activities
- Wellness coaching

CONTACT INFO

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EXPERIENCE

Client Services, Community Health/Community Rehab
Peninsula Health

Workplace Wellbeing Coordinator
Peninsula Health

Communications & Community Engagement Manager
Western Port Biosphere

Health & Wellness Coach
Springboard Health and Performance/DTC and private coaching

Workplace Health Coordinator
Springboard Health and Performance

Content Manager
Carey Baptist Grammar School

Freelance Writer
Gizmag (now New Atlas)
See <https://tinyurl.com/y3oj389e>

Contact me for my full CV or view my LinkedIn profile
<https://www.linkedin.com/in/karensprey/>

EDUCATION

- VA Startup Advanced Training
- Professional Certificate in Wellness Coaching
- Graduate Diploma in Wellness
- Graduate Certificate of Arts (Virtual Communication)
- Bachelor of Business Communication (Public Relations major)