



## SAMPLE PITCH EMAIL FOR PODCASTS:

Hey \*Name\*!

I've been listening to The XYZ show since I saw it featured on a "top business podcasts" list and especially loved the episode about getting people to do things in your business, spot on advice as usual! :)

I also wanted to see if you'd be open to having me on as a guest. Email list building is one of my specialties and I'd love to talk about how I doubled my email list from 15,000 to 30,000 using a few key ideas... including the 30 Day List Building Challenge, and using a plugin my husband and I created for polite popups called PopupAlly.

Looking forward to connecting soon!

Warmly,  
Nathalie

## SAMPLE PITCH FOR GUEST POSTS:

Hi \*Name\*!

I wanted to run this guest post by you to see if it would be a good fit for the XYZ audience. I'm doing something daring and putting myself on the line with a challenge to double my list in July, and I think this would both be really fun for XYZ readers and also educational. :)

You can check out the challenge here: <http://30DayListBuildingChallenge.com>

And I've pasted the guest post below - let me know if you'd like me to tweak anything! I've also attached my photo, if you want to use it for the post.

Thanks so much!

Lots of love,

Nathalie