

Day	Time / Frequency	Content	Channel
Monday	11:00am	*Live Show Teaser (1-min)	Facebook, Instagram, Twitter, LinkedIn
Tuesday	11:00am	*E-zine Takeaway / subscribe CTA Show Quote Graphic	Facebook, Instagram, Twitter, LinkedIn
Wednesday	11:00am	*Live Show	Facebook & YouTube Links shared on Twitter & Insta Stories
Thursday	8:00am	*Podcast (scheduled on Captivate.FM)	Announcement post on Facebook, Instagram, Twitter, LinkedIn
Friday	8:00am	Blog Post (transcription on Rev from live show)	Publicsectormarketingpros.com website
Saturday	12:00pm	Audiogram from Podcast (prepared in Wavve)	Facebook, Instagram, Twitter, LinkedIn
Sunday	4:00pm	Video Clip from Live Show (edited and sent to Splasheo)	Facebook, Instagram, Twitter, LinkedIn