

Sophie Mei Lan

PRESENTER | JOURNALIST |
CONTENT CREATOR

100k

Social Media Followers

@SOPHIEMEILAN

7

Awards

7.5%

Engagement

63%

Women

2.5 bn

Reach

ABOUT ME

From bellydancing on national TV to reporting for the news internationally before becoming a mum, blogger, youtuber, personal trainer and presenter, Sophie Mei Lan has won awards for her candid videos and blogs on mental health, parenting, Yorkshire and wellbeing.

She runs the Mama Mei blog, youtube channel and social media sites through which she can reach over two billion people with one video alone. Sophie is also known as Mrs Yorkshire as she runs the Mr and Mrs Yorkshire channel, presents her own LDC radio show with her husband Danny Malin from Rate My Takeaway and she is founder of Yorkshire Families magazine.

When she is not creating content, she works for Yorkshire Post as a journalist as well as column writing for national press. She is also known for her dance and fitness classes across the region under @TheSparkleCoach

SERVICES

WRITING

£350+

Ghostwriter, copywriter, columnist & journalist:

I write original articles, blogs, books, websites, columns and newsletters. I work across platforms.

PRESENTING / HOSTING

£500+

Presenter for stage and screen, radio host and public speaker:

I present for TV, film, online, radio and on stage.

CONTENT CREATION

£200+

YouTuber, Podcaster, Blogger and Content Creator:

I run my own channels, ads and create content as a brand ambassador and multimedia consultant.

PREVIOUS COLLABORATIONS

FASHION WEEK YORKSHIRE HOST



CHANNEL 4

