

# MEDIA KIT



CandidBelle™



**Martine L. Foreman**

CEO, Foreman Media Group LLC and founder of CandidBelle  
Content Creator | Speaker | Writer | ACE-Certified Health Coach

# ABOUT

## Martine L. Foreman & CandidBelle

### Mission of CandidBelle

Martine founded CandidBelle as a personal blog in August of 2012. CandidBelle was later developed into a lifestyle blog offering content about motherhood, love & marriage, wellness, and much more. Foreman Media Group LLC was later founded to serve as the umbrella for CandidBelle and other brands being developed by Martine. Foreman Media Group LLC is dedicated to helping moms from all walks of life access the support, tools, and resources they need to build better relationships and create healthier, happier lifestyles.

### Bio

Martine Foreman is a content creator, lifestyle and relationship expert, ACE-certified Health Coach, speaker, writer and the founder of CandidBelle, the lifestyle blog committed to helping moms build better relationships and create healthier, happier lives. Through meaningful content, Martine strives to help moms access tools, resources, and inspiration to help them create lives they love.

A visionary entrepreneur and gifted writer, Martine created the CandidBelle concept with the conviction that today's mother is in need of more to help her reach her greatest potential. This guiding principle drove her to expand CandidBelle from a personal blog to a lifestyle blog.

Prior to founding CandidBelle, Martine, always impassioned by the ideals of education, community involvement and personal development, worked for over a decade as an acclaimed program leader, adjunct faculty member and student advisor for several of the nation's top colleges including Columbia University, The George Washington

Martine also has extensive training around working with children and families. Gifted with the ability to help others achieve personal and professional success, Martine has a keen sense for determining what her clients need and is able to help them develop strategies that will lead to healthy, happy and satisfying lives.

Martine regularly blogs about health and wellness, parenting, love and marriage, and a number of other lifestyle and personal development issues. By doing so, she has developed a worldwide following of women who come to her site because they can relate to her honest, authentic and progressive editorial voice.

Martine is a graduate of Syracuse University where she graduated Cum Laude after pursuing a dual major in Speech Communication and Child and Family Studies. Martine is also a graduate of the University of Maryland where she earned a Master of Science degree in Family Studies.

In addition to creating great content for her own site, Martine has been a regular contributor to Black and Married With Kids, MadameNoire, She Buys Cars, and Disney Baby. Martine is also a contributor to *Chicken Soup For the Soul: Curvy & Confident: 101 Stories About Loving Yourself and Your Body*. Born and raised in Brooklyn, New York, Martine now lives in the suburbs of Baltimore, Maryland with her husband, three kids and their sassy cat, Pepper.

# WORK WITH ME

## SERVICES

Social Media Campaigns  
Sponsored Posts  
Brand Ambassador  
Content Creation  
Workshops/Seminars  
Courses/Training  
Speaking  
Freelance Writing  
Health/Wellness coaching

## SOCIAL MEDIA STATS

[Twitter Followers:](#) 10,400

[Facebook Fans:](#) 2,971

[Instagram Followers:](#) 1,975

[Pinterest Followers:](#) 626

## BRANDS I'VE PARTNERED WITH



## My Work Has Been Featured In



# WHAT PEOPLE ARE SAYING



*"Martine is both inspirational and transformational. Of the many things I have learned from her, diligence, persistence, positivity, and an unwavering commitment to living your dream life are the lessons that have stuck with me and I continue to use to guide my own practice day to day. One of the best things about working with Martine is she practices what she preaches, and for this quality, I have the utmost respect. Martine is real. She is going to call it as she sees it. She is going to hold you accountable. And she does it all in a loving, supportive, and non-judgmental way. So, if you are looking to stop with the excuses and take the steps you need to get out of your own way and create the life of your dreams, Martine will show you how to hustle hard, make it happen, and stay sane along the way!"*

**- Lindsay Morlock, Hand Scripts**

*"I had the pleasure of watching and hearing Martine speak on more than one occasion, and each time left feeling uplifted and empowered. Martine is a dynamic and thought-provoking speaker who is able to reach her audience in a remarkable way by always showing up authentically. Martine has this way of engaging her audience through sharing pieces of her personal story and letting you in on her journey, all with a great sense of wit and humor. She provided all of us with invaluable tools and insights that will serve us well in all areas of our lives. She truly left me feeling inspired and determined to create a better version of myself."*

**- Christine St. Vil, Moms 'N Charge**

*"Martine Foreman has long been one of the most dependable and professional writers on our team! She's consistently able to develop content that connects with our audience and quickly became a fan favorite. My only regret is that she won't move to Atlanta to take a full time position with us! "*

**- Lamar Tyler, Tyler New Media**

## CONTACT

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