

Maggie Colette and Gene Bruno Interviewed by Candice Georgiadis

Maggie Colette, Owner of Think Like A Boss. Gene Bruno, VP Scientific/Regulatory Affairs @ Twinlab Consolidation & Prof of Nutraceutical Science at Huntington U

GREENWICH, CT, USA, April 7, 2021 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.

The world revolves around marketing and unless you have the right tools, you'll always be playing 'catchup'. Candice Georgiadis' focus on building brands and images across social media and conventional websites provides a large amount of the tools, all in one spot, to help grow your company, your product. Reach out to her at the below contact options to get yourself ahead of the competition.



Gene Bruno, Vice President of Scientific and Regulatory Affairs at Twinlab Consolidation Corporation and Professor of Nutraceutical Science at Huntington University of Health Sciences

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We all know that it's important to eat more vegetables, eat less sugar, exercise more, and get better sleep etc. But while we know it intellectually, it's often difficult to put it into practice and make it a part of our daily habits. In your opinion what are the 3 main blockages that prevent us from taking the information that we all know, and integrating it into our lives?

Making excuses—There are always reasons not to do something that you know you should do. Don't look for those reasons. Don't accept those reasons. Instead, look for the reasons why you can do what you know you need to do. Make sure your attitude is consistent with your goals.

Lack of scheduling—This is particularly a problem for exercise. Make sure to schedule time to exercise when you are most likely to do it. For me, that means first thing in the morning since I know that I have family obligations in the

evening—but what ever time works for you to consistently do what you need to do.

Not getting sufficient sleep—If you don't get sufficient sleep you it will affect your performance, your energy, your motivation and your appetite. Don't stay up too late! Get to bed at a

reasonable hour and do it consistently every night.

Can you please share your "5 Non-Intuitive Lifestyle Tweaks That Will Dramatically Improve One's Wellbeing"? (Please share a story or an example for each, and feel free to share ideas for mental, emotional and physical health.)

Don't run out of your supplements—I'm better at most in taking my supplements regularly, but sometimes I run out of one or more of my supplements and allow time to lapse before purchasing them again. Then my energy levels start

declining and I feel tired and fatigued. That's when I start to realize that I shouldn't have run out of my supplements. [...]

[Read the rest of the interview here.](#)

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Maggie Colette, Owner of Think Like A Boss

Can you share five ways to leverage Instagram to dramatically improve your business? Please share a story or example for each.

Really get to know and connect with your audience—people buy from people and if you want to cultivate a community of raving fans who buy from you, putting the work in from the beginning (to really get to know who is following you and what their biggest struggles are) will pay off in the long run.



Maggie Colette, Owner of Think Like A Boss

Show up on Instagram® Stories daily. These are a little bit like Big Brother watching you, the only difference being that you get to see who is watching your content and you can get super strategic about what you share! People who watch your stories are emotionally invested in you. They watch you because they feel a connection with you. Also the more consistently you show up, the more you will be remembered, and the more powerful the bond your community will feel with you.

Get curious and ask your audience questions every single day. Remember, people want to feel special. When you ask your community what their struggles are or how they are feeling today. It makes them feel like you care. Also, the more you invite conversation, the more engaged and connected your audience will feel to you.

If you're not already using Instagram® Reels, you are really missing out. I've lost count of the

number of times clients have messaged me to say their reels have gone viral and they've hit the Instagram® Explore page. Instagram® is really boosting reels right now and everyone loves video marketing. If you're looking to go viral quickly, using Reels is the quickest and easiest way to capture people's attention.

Leave five new Instagram® voice notes each day, Monday to Friday. If you do that every day for a month that's at least 100 new connections a month. Imagine if between 1% — 10% of your new connections bought from you each month, what would that do to your revenue? Instagram® DMs is where it's at if you're serious about monetizing your Instagram® account. Also, it takes people on average 21 touch points before they buy from you. The sooner you start having real conversations, the sooner you'll make sales

[Complete reading the interview here.](#)

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude's



Candice Georgiadis

Children's hospital.

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