



**Dana - The Trainer**  
*presents*

# IS THIS OK?

How to (& how not to) show up as an ally on social media



## **Instagram Accounts:**

@fowlanguagecomics  
@fairy\_cakes\_  
@la\_negra\_crochetera  
@indis.elanesse  
@nataleecooper  
@smallfishphotoco  
@scrinkl  
@paulbrown.coach  
@the\_content\_muse  
@vicvan10  
@trueautonomy  
@annafox.art  
@brittandreaatta  
@thewokecoach  
@fempireinternational  
@vik\_sahay  
@mimimoffie  
@runthismomlife  
@growingupguptas  
@turnerandperry  
@boshebe  
@bossmeupnow  
@lalkapolka  
@littlebuttonbakery  
@pow.tv\_  
@pregnant\_then\_screwed  
@theresgoodinstore  
@simplifylifequotes  
@caitcreates\_

## **LinkedIn**

Caroline Marsh  
Sarah Boddey  
Coach Zoe Lewis  
Dan Foster

## **Twitter**

@m\_d\_mccoy  
@laurieontech  
@MannyAwo