Promotional Social Media Posts Templates

Buzz Posts

1. Questions Templates:

- What is _____?
- Do you believe _____?
- Is _____ better than _____?
- Have you ever...?
- How often… ?
- Do you agree…. ?
- Did you know… ?

Examples (for workshop on setting boundaries):

- “What is the hardest part about saying 'no' for you?"
- "Do you believe it's possible to set boundaries without damaging relationships?"
- "Is being 'nice' better than being honest?"
- "Have you ever agreed to something you didn't want to do just to keep the peace?"
- "How often do you find yourself feeling resentful about saying 'yes' to things?"
- "Do you agree that setting boundaries makes you a better friend/partner/parent?"
- "Did you know that healthy boundaries actually strengthen relationships?"

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2. Poll Template:

What do you struggle with more:

□ [Option A]

□ [Option B]

Example:

What do you struggle with more:

□ Setting boundaries with family

□ Setting boundaries at work

3. Fill-in-the-blank Template:

The hardest part about [topic] is _____

Example:

The hardest part about setting boundaries is _____

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4. True/False Template:

True or False:

[Statement about your topic]

Example:

True or False:

Setting boundaries means you're being selfish.

5. Quick Tip Template:

Quick tip for [topic]:

[Share one practical piece of advice]

Example:

Quick tip for saying 'no' gracefully:

Start with 'Thank you for thinking of me' before declining. This acknowledgment helps maintain the relationship while still protecting your boundaries.

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Promo Post #1: The Announcement Post

🎉 EXCITING NEWS! 🎉

I'm thrilled to announce my upcoming live workshop: "[Workshop Name]"!

In this interactive training, you'll discover how to [main promise/transformation].

You'll walk away with:

>> [Key benefit #1]

>> [Key benefit #2]

>> [Key benefit #3]

[Compelling pain point or desired outcome statement]

👉 TAP HERE FOR DETAILS: [LINK]

Spaces are limited to ensure everyone gets personal attention.

Example:

🎉 EXCITING NEWS! 🎉

I'm thrilled to announce my upcoming live workshop: "Boundaries Without Guilt"!

In this interactive training, you'll discover how to set clear boundaries that protect your energy without damaging your relationships.

You'll walk away with:

>> The exact words to use when saying "no" (without apologizing)

>> How to handle pushback from people used to hearing your "yes"

>> Simple techniques to recognize when your boundaries are being crossed

Imagine how it would feel to confidently protect your time and energy without the weight of guilt or anxiety.

👉 TAP HERE FOR DETAILS: linktoyourworkshop.com

Spaces are limited to ensure everyone gets personal attention.

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Promo Post #2: The Problem Post

Are you tired of [common pain point]?

I see so many [your audience] struggling with:

>> [Specific challenge #1]

>> [Specific challenge #2]

>> [Specific challenge #3]

These issues don't just affect your [area of life]—they impact your [broader impact].

The good news?

It doesn't have to be this way.

I've created my "[Workshop Name]" specifically to help you overcome these challenges.

GET ALL DETAILS HERE: [LINK]

Example:

Are you tired of saying yes when you really want to say no?

I see so many women struggling with:

>> Feeling guilty whenever they put themselves first

>> Getting overwhelmed because they take on too much

>> Watching their relationships suffer because of hidden resentment

These issues don't just affect your calendar - they impact your mental health, relationships, and overall quality of life.

The good news?

It doesn't have to be this way.

I've created my "Boundaries Without Guilt" workshop specifically to help you overcome these challenges.

GET ALL DETAILS HERE: linktoyourworkshop.com

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Promo Post #3: The Transformation Post

IMAGINE...

Going from:

❌ [Before state/struggle #1]

❌ [Before state/struggle #2]

❌ [Before state/struggle #3]

To:

✅ [After state/outcome #1]

✅ [After state/outcome #2]

✅ [After state/outcome #3]

This transformation is exactly what we'll be working on in my upcoming workshop: "[Workshop Name]"

In just [length of workshop], you'll learn the exact steps to make this shift in your own life.

SECURE YOUR SPOT HERE: [LINK]

Example:

IMAGINE...

Going from:

❌ Saying yes to things you hate, then feeling resentful

❌ Worrying what others will think if you prioritize yourself

❌ Feeling constantly drained and taken advantage of

To:

✅ Confidently declining requests that don't serve you

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✅ Setting clear boundaries without guilt or explanation

✅ Having more energy for the people and activities you truly value

This transformation is exactly what we'll be working on in my upcoming workshop: "Boundaries Without Guilt."

In just 3 hours, you'll learn the exact steps to make this shift in your own life.

SECURE YOUR SPOT HERE: linktoyourworkshop.com

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Promo Post #4: The Urgency Post

⏰ QUICK UPDATE ⏰

Just [X] spots left for my "[Workshop Name]" workshop!

OR

Only [X] days until early bird pricing ends for my workshop!

OR

[Workshop Name] is happening THIS [day of week]!

Don't miss your chance to [main benefit/transformation].

Here's a quick reminder of what you'll get:

>> [Key component/feature #1]

>> [Key component/feature #2]

>> [Key component/feature #3]

REGISTER NOW: [LINK]

This opportunity won't be available for long. Save your spot while you still can!

Example:

⏰ QUICK UPDATE ⏰

Just 5 spots left for my "Boundaries Without Guilt" workshop!

Don't miss your chance to finally learn how to set healthy boundaries without the guilt or anxiety.

Here's a quick reminder of what you'll get:

>> Done-for-you scripts for setting boundaries in any situation

>> Opportunities to roleplay and practice saying “No” in a safe space

>> A personalized boundary action plan you'll actually implement (not just think about)

REGISTER NOW: linktoyourworkshop.com

This opportunity won't be available for long. Save your spot while you still can!

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Promo Post #5: The FAQ Post

I've been getting some questions about my upcoming "[Workshop Name]" workshop, so I thought I'd answer the most common ones:

Q: Is this workshop right for me if [common situation]?

A: [Answer that addresses this concern]

Q: How is this different from [other options/resources]?

A: [What makes your workshop unique] Q: Do I need [prerequisite/experience] to benefit?

A: [Clear answer about who this is for]

Q: What happens if I can't attend live?

A: [Your policy on recordings/missed sessions]

Any other questions? Drop them in the comments!

>> REGISTER HERE [LINK]

Remember, [benefit reminder or limited time offer]!

Example:

I've been getting some questions about my upcoming "Boundaries Without Guilt" workshop, so I thought I'd answer the most common ones:

Q: Is this workshop right for me if I've tried setting boundaries before but always give in?

A: Absolutely! This workshop specifically addresses why we cave under pressure and provides concrete strategies to stay firm without feeling guilty.

Q: How is this different from reading books or articles about boundaries?

A: Unlike passive learning, this workshop gives you the chance to practice in real time, receive personalized feedback, and address your specific boundary challenges. You'll implement what you learn immediately.

Q: I'm worried about coming across as rude or difficult. Will this help?

A: This is exactly why I created this workshop! You'll learn how to set boundaries in a way that actually strengthens relationships rather than damages them.

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Q: What happens if I can't attend live?

A: While live participation gives you the best experience, all participants receive a recording to review at their convenience.

Any other questions? Drop them in the comments!

>> REGISTER HERE: linktoyourworkshop.com

Remember, the workshop starts tomorrow at 10 am pacific!

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