



# HiSensitives

a personal growth brand  
for highly sensitive people  
and empaths

[www.hisensitives.com](http://www.hisensitives.com)

Submission guidelines  
for storytellers & experts



1067



803



6193



# HiSensitives

a personal growth brand  
for highly sensitive  
people and empaths  
[www.hisensitives.com](http://www.hisensitives.com)

## SUBMISSION GUIDELINES FOR STORYTELLERS

We encourage our writers to follow the following guidelines while sharing their story:

1. Use maximum 2200 *characters* while writing your story. Instagram won't allow longer stories than that.
2. When writing your story, keep in mind how your story can help others. Feel free to share specific personal growth tools or methods that helped you as an empath or HSP to thrive in life or overcome certain obstacles.
3. Submit your story to [contact@hisensitives.com](mailto:contact@hisensitives.com)
4. Add the social media accounts and website link you would like us to include when sharing your story.
5. If you would like to share a photo of yourself along with your story, please do so!

### Do I get paid for my story?

At this point of time, we sadly do not have the resources to pay you for sharing your story.

However, we will promote your article on all our social media accounts (Facebook, Instagram & Pinterest).

Also, we will add a do follow-link to your website in the article. This is good for your own rankings in the search engines.

Usually, we charge 50\$ for do follow links to other websites and promotion on our social media accounts, so we hope that you appreciate this type of compensation.

### Can I republish my story on other websites?

In order to avoid a duplicate content penalty from Google, we cannot publish stories that have been published somewhere else. Therefore, we kindly request you to solely publish your story on our platform.



# HiSensitives

a personal growth brand  
for highly sensitive  
people and empaths  
[www.hisensitives.com](http://www.hisensitives.com)

## ■ SUBMISSION GUIDELINES FOR EXPERTS

We encourage our writers to follow the following guidelines while writing:

1. Please pitch your idea to us via email before you start writing. This way, we can ensure that we are the right match. Contact us at [contact@hisensitives.com](mailto:contact@hisensitives.com) for pitching your idea.
2. Your article should be at least 1000 words in length.
3. Please fill out [this template](#) when you submit your article.

Do I get paid for my article?

At this point of time, we sadly do not have the resources to pay for articles.

However, we will promote your article on all our social media accounts (Facebook, Instagram & Pinterest).

Also, we will add a do follow-link to your website in the article. This is good for your own rankings in the search engines.

Usually, we charge 50\$ for do follow links to other websites and promotion on our social media accounts, so we hope that you appreciate this type of compensation.

Can I republish my blog on other websites?

In order to avoid a duplicate content penalty from Google, we cannot publish articles that have been published somewhere else. Therefore, we kindly request you to solely publish your article on our platform.

## WEBSITE STATISTICS (PER MONTH)

**6,054**

UNIQUE USERS

**4,70**

AVG. MINUTES ON PAGE

**9,209**

PAGE VIEWS



## HiSensitives

a personal growth brand  
for highly sensitive  
people and empaths  
[www.hisensitives.com](http://www.hisensitives.com)

## COLLABORATE?

Would you like to write for us? Wonderful!

We cannot wait to hear from you and to share your article or story on our platform.

Please contact us at [contact@hisensitives.com](mailto:contact@hisensitives.com) for eventual questions regarding writing for us.

## CONTACT

Anne-Kathrin Walter  
[contact@hisensitives.com](mailto:contact@hisensitives.com)  
+31 (06) 21 84 65 45