

# SOCIAL MEDIA CALENDAR

MONTH

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Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Soft Skills post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Branding post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Facebook Live

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Travel multipost

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Website advert

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Brand video

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Facebook Live

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Monthly update post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Branding post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Leadership multipost

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Winter post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Summer post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Website advert

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Website advert

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Winter post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Q&A Live

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Facebook Live

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Summer post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Giveaway post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Autumn post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Giveaway post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Q&A Live

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Summer post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
Giveaway winner post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Inspiration post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Leadership post

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Branding post

Instagram

**Post time:** 12pm-1pm  
**Content:**  
IG Live about the brand

Facebook

**Post time:** 12pm-1pm  
**Content:**  
Giveaway winner post