

Welcome to working for yourself ... and the subtle, dynamic world of Self-Employment!!

Our work together is all about: **thriving** in your new job, as a self-employed therapist.
And it turns out, that thriving, even in self-employment, is never by accident.
It takes some knowledge, belief, skills, and efforts.

In this course, we'll work on what to KNOW + DO ... to set yourself up for success!
Including avoiding common pitfalls, how to be happier at work, and staying in the game.

Top Foundational Ideas

Two Yous. When you decide to work for yourself, you have two new major roles: The Talent and the Biz Person.

Money: To thrive in our society requires comfort with money + stewarding your money.

Taxes: To handle our money, we must know about taxes

Your Style: Doing things your way is the best!

Self-Knowledge: It's essential to be honest about what you like to do, don't like to do

Time to Learn: The business side + self-management were probably never taught to you ... so it helps to be patient, give yourself time to learn these skillsets, and get support

Today, let's talk a little about~

- My story
- The good, the bad, the lovely of self-employment
- Some terms: *self-employment, sole proprietor, (prof.) limited liability company, entrepreneur*
- Preview of pitfalls and how to dance around them
- Your initial questions

What we will cover in this course

Everything you need to create a strong business foundation from the beginning, as well as strategies and tricks to handle business chores ... all so you can keep going, get better and better at the biz side and your primary work. We will touch on the 5 Areas of Business in a variety of ways:

Licensing and Taxes
Numbers
Marketing
Nitty Gritty
Self-Management

Please see the chart on the back for more details.

Goals for you + our time together

We slowly, comfortably build your business structure, so that it works well, and is customized to your style and values. Along the way, we clear away any confusion or fear ... so that you can take each step with confidence. You will leave with clarity, excitement, deep satisfaction.

Need additional support from me?

- jennygirlfriday@gmail.com – please allow 5 – 10 days for replies
- SeattleBusinessApothecary.com
- Join the Sidekick Services newsletter – low monthly fee (tax deductible)
- Ask questions via email – requesting contributions to Tip Jar, depending on complexity (\$20 - \$50)
- Zoom Sessions – ****Special for The Launch!**** - 15 min for \$35 30 min for \$60 60 min for \$100
Depending on availability, please allow 1-3 weeks for scheduling

How to Become Self-Employed + be a Happy Worker | Course Plan TENTATIVE

The Launch 2022

With Jenny MacLeod, aka Jenny Girl Friday

#	date	topic	details	handouts	primary goal
5	Jan 10	Tax Season	1099s EQ\$ city reporting state reporting county IRS tax prep	1 - essential numbers 2 - eq\$ - how to calculate 3 - all-at-once tax prep 4 - the launch - biz records 5 - important dates	<i>No fear with taxes! Ready to try it out</i>
6	Feb 7	Number Tracking	reasons/purposes methods customizing reporting	1 - your custom book\$ set-up 2 - annual \$ chart 3 - monthly check-in	<i>Excited to create own system to track numbers</i>
7	Mar 7	Happy Worker / Self-Manager	defining self-management skills self-secretary job description - check 12 questions thriving plan habits to support the talent	1 - session handout 2 - weekly check-in 3 - retreat handouts	<i>Believing you have the right to be happy at work – and you're excited to build skills as a self-manager</i>
2	Apr 4	Business Set-up Basics + Friendly Tour of Biz Reqs	pitfalls and strategies licensing banking menu of services marketing basics schedule tools getting help 4 levels, types of tax	1 - session handout 2 - the launch - biz set-up 3 - friendly tour of tax + license	<i>Create a strong foundation to grow on; be curious and open to the 5 areas of business</i>
3	May 2	Doing the Numbers to be Happy at Work: Paycheck + Schedule	schedule/rates/paycheck needs sustainability rhythms / habits self-care needs and time off	1 - thriving plan 2 - year-at-a-glance 3 - ideal weekly 4 - paycheck math	<i>Rates and a schedule that fit you</i>
4	Jun 13	Money Garden: Stories and Habits	stories embracing money as a tool tying with values skills habits	1 - money garden 2 - money garden practices	<i>Saying YES to working with money in your life; some new habits</i>