

new business set-up + how to thrive

with Jenny Girl Friday

Session 1 handout / The Launch / October 10, 2022

Welcome / My story / Introductions

Invitation - to thrive

Pro-Tip - Create a great job, then the business around it

New Business Set-up

Context

It's a tangle / give yourself time / totally doable

4 Levels of Government

Licensing

Types of tax

Get Licensed

Get Organized

5 Areas of business + Quickstart guide

Highlights:

Costs of session types

Insurance reimbursement

Marketing basics: what you're saying, how you're saying it, niching in (specialty)

Nitty Gritty

Getting Help

How to Thrive

Thriving defined _____ + _____ + _____

Thriving as a practice

3 Levels

Big picture Concept / Belief / Commitment

See as part of your role to steward this in your life

Mid-Level / Skills + strategies Be a great boss

Tend your money

Build in check-ins

Daily Level Notice how you feel and what you observe

Take those things seriously

Be responsive

Pitfalls and Strategies

You got this!

For more support / Stay connected!

jennygirlfriday.com

Sidekick Service or Announcement List

Biz Chore Sessions - shorter for help doing biz chores*

One-Time Consults*

*Mention you're in the Launch to get Special Pricing

Book\$ Club

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