



Simple Startup Program



Break past the barriers and build your wellness PT practice

Starting a wellness business is tough, but so was PT school.

The difference is in PT school we had the professors, the curriculum and each other.

What I have learned over the years is to really be successful in business it takes a vision, a plan and support.

You have the vision, you wouldn't do this if you didn't want more for yourself and your clients.

Without a plan you can waste a lot of time and money spinning your wheels downloading every freebie and watching every webinar and FB live known to man.

Without support it is easier to give up. To shrink into the circle of sameness, the "security" of the paycheck, but the discomfort of not having control and not having your dreams met.

What do YOU need?

-  Clarity and a plan so you don't waste time and money doing ALL the things, just the ones that will get you to your goals
-  To know how to talk about your work so ideal clients know they need to work with YOU
-  To figure out the best way to find clients without doing FB lives and running ads (if you don't want to)
-  A checklist of things to work on that will actually get your business up and running
-  Confidence and support to keep moving forward no matter what

You will get it in the Simple Startup... and more.

What's included in the Simple Startup Program?

Startup Strategy Sessions

With so many strategies, tools, and tactics, which one(s) should you be using and when? The answer is, it depends. If you are using the wrong strategy at the wrong time or the wrong technique for your personality, it's easy to see why things haven't worked out in the past. We are going to fix that. We start with the strategy session so we are clear about your goals and skills gap to make sure you know which portions of the program to pay special attention to.

8 Modules

Week 1: Redefine Success

You'll determine what success actually looks like to you from income to impact as a basis for designing your plan.

Week 2: Break Your Barriers

You'll discover the source of all success blockers and the most effective way to eliminate them so you can keep moving forward powerfully.

Week 3: Own Your Space

You'll learn how to define your niche and become the specialist in your area.
#nocompetition This is key to experiencing success over stress in your business.

Week 4: Work Your Strengths

You will learn how to use your strengths to build a business model and marketing strategy that doesn't feel so hard.

Week 5: Build Your Base

You will learn a simple method to capture the attention of your ideal clients, know exactly what they need and start building a community of loyal fans. (Without trying to figure out FB ads.)

Week 6: Package Your Process

You'll learn how to create a framework for your signature program package that helps your clients get results and helps you create predictable income.

Week 7: Set Up Shop

You will set up user-friendly, systems needed to run the back-end of your business without breaking the bank or requiring all of your attention while you're at work.

Week 8: Serve Your Peeps

Get in the "hot" seat. Ask your questions. Share your wins, share your challenges, share your plans, get insight and get unstuck. This where you want to be if you have questions about the module or want feedback on any content you create. Even with the best laid plans fear, frustration and doubt are going to come up. It's part of the process. Get mindset coaching to break the barriers so you can move forward powerfully.

8 Q & A/Coaching Sessions

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Business Checklist

This is a list of things you need to complete to get your business off the ground

Business Essentials Toolkit

Get access to vetted business tools and software you need to run your business. I’ve done the research and comparison so you don’t have to.

Community

It’s easy to feel like you’re by yourself and the only one struggling. Being around like-minded people will allow you to keep moving forward.

Talking with TaVona is like an injection of energy, motivation, and direction right into my goals. As a physical therapist entering the health coaching space for the first time, I have felt lost and unsure of how to navigate this transition. TaVona has helped me to realize that a) I’m already qualified for the new role and b) it’s going to be much simpler than I imagined!

Through our time together she has helped me to clearly define the problem I help clients with, which in turn means marketing is a breeze. People get what I am about and the people reaching out to me are clearly resonating with the direct message. I got two private clients within two weeks of changing my message! She has also helped me to play to my strengths in the business aspect. Now I understand what kind of support I need to succeed (i.e. virtual assistant and coach).

TaVona has an endless well of resources to help me succeed, even though she is not within my niche! I am continually impressed by her candor and passionate nerdiness for helping PTs prosper. I leave each session with more clarity and excitement around my vision, as well as challenged to expand beyond what I thought was possible.

-Monika Stefanowicz, PT, DPT, WCS - Vagina Coach

I can say without a shred of a doubt that one call with TaVona has brought me more clarity in the direction I want to go with my career and business than anything else I've done or tried.

So happy I came across you and your work! -Theresa Pride, PT, DPT Productivity Coach

Schedule Your Complimentary Discovery Session with TaVona

How do you create a business and a life that BLOWS YOUR MIND? How do you find the time for work, sleep, the gym AND date night? To be bold and brave and FEAR-LESS? In this session, we will explore what YOUR ideal life looks like and how to get it. I may offer you a resource or I may recommend us working together if it is a good fit.

Are you ready? Let's DO this!



Click Here to Schedule Your
Complimentary Discovery Session

www.TaVonaDenise.com/Discovery

TaVona Denise

Life + Courage Coach for Women Entrepreneurs in Healthcare

On a mission to save women in healthcare from burnout, boredom and glass ceilings.

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