



Hey!

If you don't already know, my name is Lou and I am so excited you are here with me, taking this wild ride together on a thing called your "VA Journey".

I am on a mission to build a community that encourages, empowers and educates VAs like you all over the world that doesn't cost an arm and a leg!

When I first started, there were so many things that I felt I needed to sign up for, that I needed to make my business successful, but it all cost SOOO much money! Money that I didn't have because I was only just starting out!

I have been dreaming of starting a community like My VA Time for a while now and it is due to this very reason. I want to give you some of the tricks and tips that I have learnt to build my business - but I want to make it affordable!

And I thank you for trusting in me!

So sit back, settle in with your cuppa, this is YOUR VA time ...

*Lou*

# 1. LOOK AROUND

We have created a beautiful and community-based website designated to provide you with everything you need to connect and grow all in one place!

You can connect, ask questions, and participate in a safe environment knowing that you have exclusive access.

## 2. SET UP YOUR PROFILE

Please take a moment to set up your profile so that we can get to know you, know your business and connect! Take the time to upload a pic and cover photo as well! Be as creative as you like!



## 3. INTRODUCE YOURSELF

We'd love you to start your first post by introducing yourself!

The whole idea of our membership is "community". We want to empower, connect and encourage you as much as possible.

Let's build our tribe and get to know one another.

You **MUST** answer one question though ..

How do you have your coffee?

Why?

To support the podcast of course!

So make sure you spend a few moments telling us all your quirkiness and what your go-to coffee is.



## 4. CONNECT!

Found someone that you'd like to connect with?

Send them an invite!

We are all about connecting here at My VA Time and building our tribe.

## 5. ASK A QUESTION

We want you to feel safe and comfortable at My VA Time so we welcome any questions you may have! Whether it be about your monthly eParcel, the Podcast, your templates or whatever you need to ask! Ask away. No question is silly and no question is off limits!

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I know it's supposed to be only a one - pager but hey!

This is exciting stuff!

A new membership and community where you get everything in ONE place!

I look forward to talking with you next month when we talk about "Transition". The mindset challenges going from an employee to self employed, how it impacts your business and tips to overcome it.

Until then ... where's my coffee!?

*Low*



[www.myvatime](http://www.myvatime)