



August 2020 | Vol 2 No 8

First Friday for Entrepreneurs

Now is the time to utilize the relationships you have built!

You have spent months - in some cases, years - developing and maintaining relationships with a host of folks. Explore ways you can use those relationships to help you during the restrictions of COVID-19. You don't have to go this alone!

Gathering of Great Minds

Opportunities to interact with and learn from like-minded entrepreneurs



Entrepreneur Community Roundtable

Adjust Your Perspective on Networking

July 16, 2020

7:00 – 8:30 pm

Zoom link:

<https://us02web.zoom.us/j/84265383676>

Meeting ID: 842 6538 3676

Dial by your location

+1 301 715 8592 US (Germantown)

Does your network know how to help you?

When COVID-19 restrictions hit, the emotional reactions by entrepreneurs included bewilderment, frustration, and anger. Many were immobilized as their gut reaction was a yearning for control: how would they make new contacts, that would lead to new clients, that would result in getting paid? How would it feel to go back to old contacts? How do I get out of this rut?

One way: Switch your perspective.

Get beyond your gut reactions and become intentional and strategic in how you use your network. How do you put your clients in your shoes so they can help you? During this session you will gain insights into how to use clarity, simplicity, and brand awareness for you and your business's success.

This must-attend session will be highly interactive



Lunch and Launch

The Power of Resiliency

August 28, 2020

12:00 noon - 1:00 pm

Zoom link:

<https://us02web.zoom.us/j/88479518406>

Meeting ID: 884 7951 8406

Dial by your location

+1 301 715 8592 US (Germantown)

What have been your thoughts and actions about "getting back on the horse" for your business?

You are invited to a virtual *lunch* with like-minded entrepreneurs to reflect and celebrate on your efforts of the past month and *launch* new ideas or actions for the upcoming month. The focus is on YOU!

The agenda has no presenter. No elevator speech. A general topic is offered to foster conversations and thinking. The topic for August is "Resilience" and its impact on your professional and personal lives.

Thanks to all who attended our second session in July. We expanded our topic of Balance/Harmony to examine how we could use the new time we

involving small group dynamics and active discussions. We appreciate having Joanna be part of our August Roundtable - she will greatly enrich our learning!

Third Thursday Series is sponsored by CC Robinson & Associates, LLC. For more information, contact event coordinator Carol C. Robinson (carol@ccrobinsonassociates.com or 571-318-3733).

have "found" due to the pandemic. Sam Samuel shared a thought-provoking audit worksheet that we could use to assess how we are using our time and, in turn, how we could make changes to better utilize this newfound time.

The Fourth Friday Series is sponsored by CC Robinson & Associates, LLC. For more information, contact event coordinator Carol C. Robinson (carol@ccrobinsonassociates.com or 571-318-3733).



Meet Special Guest Speaker

Joanna Hoffschneider

Founder, Resolute Consulting LLC

Joanna's work through Resolute Consulting brings focus, clarity, and motivation at a range of scales. She provides strategic support, coaching, and training services for both individuals and organizations.

In this time of remote work and deep cultural introspection, her work is focusing on skills building and organizational knowledge.

Intentionality and accountability are key themes of her work - how do we (as individuals and companies) move beyond strategy to execution? How do we make sure to stay in a place of productivity, not just activity? And how do we gather the information to fully inform our decisions?

With a background in education, Joanna understands learning should be clear, action-oriented, and applicable to the business life of participants. Her work gives you practical tools and a bridge to action.

***Special offer for attendees of "Entrepreneur Community Roundtable": Attendees will receive Joanna's worksheet "Leveraging Your Network" to put into action with their enhanced perspective on networking during challenging times.

Joanna Hoffschneider

Founder, Resolute Consulting LLC

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Notes



Appreciation

Sam Samuel for sharing his time audit worksheet during our July L&L! Participants discussed the value of using this to assess current use of time as



Appreciation

Brian Rose for being our resident expert on videotaping. Thank you for sharing insights and tips, such as ARTLIST.io for royalty-free music and Ponds.com for jingles, sound effects

Thoughts from Independent Entrepreneurs

The concept of "time" has taken on a new dimension as we enter the fifth month of COVID-19 restrictions as seen by colleagues....

Carol Robinson: I see "time" as a grandfather clock, with its sonorous tones on the hour, grandeur in announcing the next parts of the day with possible new adventures. I am reminded to have BHAGs (a la *From Good to Great*) that can carry me forward through these challenging times.

Sam Samuel: This is "repurposed time." While we have always had "time," how we use it has shifted more in our favor with the ability of expanding our choices.

Tina Johnson (JP Events & Consulting, events@jpevents.biz) and the Women's CEO Roundtable: article "9 Time Management Hacks to Keep You on Track Every Day" provides great reminders, including "Create a time budget for new activities you are going to explore." And "Say no," which can be a complete sentence!

... As seen by Associates:

Kari Uman

When COVID-19 hit, I became painfully aware of the vast inequality of medical support within our communities and decided that I had to get myself educated. This led to my "becoming woke" regarding another arena of inequality – racial injustice – and another awareness of "Why did this take so long?" It is like a tornado, with its swirling energy of time for discussions and interactions with the quiet eye of time for inner thinking to come to grips about what I did know and what I did not know.



Patty Maples

The metaphor that comes to mind is photos of events and moments to remember.

So important to capture our everyday and important occasions.





Natalie Critchley

My metaphor for time is an hourglass. With a true hourglass you have one hour of time before having to flip the glass and continue into the next hour.

For me during COVID I feel like I'm watching time hour after hour with no place to go. Slow and steady, the sand in the hourglass continues to move us from hour to hour, day to day, and month after month.

It's been almost 6 months since the pandemic started. I have found good use for newfound time, time that I was being less productive and away from the house. With extra time on my hands, I've begun working out 6 days a week and used some additional time for studying for the Cicerone Certified Beer Server exam.



Kelly Knox

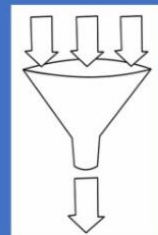
Time to discover
– and enjoy –
what is right outside
my back door!

Jan Whiteley



My metaphor for time is a funnel -- something to shape and focus our attention as we live each day and chart our path forward to the best of our ability.

There are many components that enter this funnel. But to lead the life of our moral ideal, we must filter them, selecting the items that we will use to influence our consciousness and world.



Upcoming Events for Your Calendar

Gathering of Great Minds

Set your calendar for these upcoming events with entrepreneurial colleagues

Lunch & Launch

September 25 "Maintaining the Effort"
October 23 Hot Topic Choice

Entrepreneur Roundtable

September 17, 2020

"Promotional Platforms:

Nuances using Social Media"

October 15, 2020

Kari Uman: "Becoming Woke"



Community Opportunities

● Loudoun Women Entrepreneurs

August 12: Positive Intelligence: What does this mean for entrepreneurs?

Positive intelligence (aka PQ or EI) grew from the new field of positive psychology in the 1970s. PQ includes the way we work with our Saboteurs (aka those "negative voices" or gremlins) and enlist ways to strengthen our Sage, the part of our mind that combats and overwhelms the Saboteurs. Register through Patty Maples to receive the Zoom link. For better involvement in session discussions, participants are strongly urged to take the 2 free online self-assessments through positiveintelligence.com.

2nd Wednesdays, 10:30 - 11:30 am

For more information or to register for Zoom meetings, email Patty Maples.

● Coffee with Coaches

Sponsored by the Dulles Regional Chamber of Commerce, free hour-long sessions with local coaches whose topics focus on business and professional development. Conducted on Wednesdays and Fridays, 10 - 11:00 by Zoom. Visit the Event Calendar on the Chamber website.

Credits for Coaches

Core Competency Credits

Coaching the x-Preneur

- Introductory Module

\$25; 2 credits. Registration: [click here](#)

- 3-module Course: ICF-approved

12 CCEU core competencies. Registration: [click here](#).

CCE
Continuing Coach Education
International Coach Federation

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11) Managing Progress and Accountability
2021: Facilitates Client Growth

Family
Health
Exercise
Entertainment
Leisure
Hobbies
Volunteering

Balancing

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Resource Development Credits

Members of the International Coaching Federation who need Resource Development continuing education credit hours may receive up to 2 hours of resource development credits per session of "Gathering of Great Minds." A certificate of attendance will be provided upon request by CC Robinson & Associates, LLC. For more information, email Carol C. Robinson, PCC.

Center Stage 2020

Staying positive and upbeat is a challenge these days. Someone asked me today how I was doing that – so I thought about it. I have great friends and colleagues who keep me engaged in positive ways. I use strategies promoted by positive psychology to reinforce my Sage muscle to combat negative Saboteurs. And when Patty talked about pictures, she took me back in time to my youth, the time of the "Smiley" – when my chorus group sold large plastic cups with Smiles on them to raise money. Who knew this would be so useful in this auspicious year of 2020!



Your Partner in Entrepreneurial Synergy -

Carol C. Robinson

Join CC Robinson & Associates!



Looking for support, clarity, and a "board of advisers" to further you and your business? Ready to be challenged? To be a thought leader with community involvement? Why not now!?!

Click here to learn more about becoming an Associate with CC Robinson & Associates.

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Connect with us

