

# COMPLIANT LIVING

Official newsletter of CompliantHer™ Confident Society



## *Personal Note from the Coach*

**SANDRA, REGULATIONS COACH**

Hello Lovely Readers,

July is the month of bold independence, and what better time to reflect on the freedoms we build through ethical marketing, aligned messaging, and smart regulatory choices. I've been working on refining digital tools like the Prompt Vault and dreaming big with app features for our upcoming CompliantHer™ Mobile Coach, all designed to help you feel supported, informed, and emotionally connected to your business journey. Here's to a summer of clear boundaries, beautiful branding, and legacy-making choices. You are the reason this work matters.

Warmly, Sandra  
Regulations Coach  
& Visionary Business Cheerleader

*The latest on this month's issue:*

**PRODUCTIVE WITH G-SUITE- 2**

**AVOID ASSUMPTIVE CLAIMS- 3**

**COMPLIANCE TIP - 3**

**LIFE & STYLE - 4**

**BIZ TASK - 4**

**COMPLIANTHER™ RECOMMENDS - 5**

**BOOK CLUB PICK - 5**

**IMPORTANT DATES - 5**

# *Productive with G-Suite with Dara Sklar*



There's a time to take it easy, but not when you're running your business.  
Stop letting your work routines leave you feeling lost or annoyed.

Start using Google tools to their fullest and get more done, without piling on extra tasks.

**Get Productive →**

**Bonus:** Use this with your Google Workspace for a double-dose of productivity! Check out the Special Offer at the end of the newsletter!

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**“Legacy isn’t what we leave behind—it’s what we build while we’re here.”**  
— Inspired by women entrepreneurs over 50

## *Personal Development: Reclaim Your Creative Voice*

Many businesswomen in our community have brilliant ideas simmering beneath layers of “shoulds.” This month, try a 15-minute daily freewrite where you silence the rules and write as if no one were watching.

Need a starting point? Try the prompt: “What I want my business to say is...” You’ll be amazed at what clarity emerges when compliance and creativity work hand in hand.



**“You don’t have to be fearless. You just have to be brave enough to take the next step.” — Anonymous**

## Marketing Compliance Tip: Avoid the “Assumptive Claims Trap”

If your copy includes phrases like “you’ll never worry again” or “this will change your life,” double-check whether those claims cross into misleading territory.

Instead, use emotionally resonant but compliant language:

- ✓ “Designed to ease overwhelm...”
- ✓ “Clients say they feel more confident...”

It's about inviting connection, not guaranteeing transformation.

**Are you stuck?** CompliantHer™ **Prompt Studio: Confidence Edition** has 300 AI Prompts ready to go. Just click [here](#).

**Affiliate Disclosure:** Some of the links in this newsletter are affiliate links, which means that at no additional cost to you, CompliantHer™ (Relannford Enterprises LLC) may earn a commission if you decide to purchase after clicking the link.

# Life & Style: Summer Simplicity Spotlight

Charleston, South Carolina Edition Inspired by the “Lowcountry Localist” newsletter, here are some gentle July must-haves:

- 🌞 SPF 30+ with reef-safe ingredients
- 🍓 Farmers market strawberries—slice over lemon sorbet for a heatwave treat
- 🌂 A linen wrap in “CompliantHer Coral” (yes, we’re calling it that now!)

Whether you're beachside or in full CEO mode, let summer remind you to live beautifully and compliantly.

Love Charleston? Subscribe to the free [Lowcountry Localist](#)!



Photo by Getty Images on Unsplash


## Biz Task

Perform a Compliance Audit on Your Lead Magnet Funnel ✅ Do your opt-ins have clear consent language? ✅ Is your value exchange explicit and accurate? ✅ Are testimonials authentic and FTC-friendly?



Set a timer for 25 minutes and do a high-level sweep. Small tweaks now prevent major headaches later.

Need a walkthrough? Contact us at [info@complianther.com](mailto:info@complianther.com). We'd love to help!

# CompliantHer™ Recommends

 Google Workspace Special Offer: Try It FREE + Get 10% Off

As an affiliate, I'm thrilled to offer:

-  A 14-day free trial of Google Workspace
-  10% off your first year when you sign up using my exclusive link

[Click here to activate your free trial + discount](#)

Whether you're just starting out or scaling your business, Google Workspace helps you look more polished, stay legally protected, and feel more in control.



## July Book Club Pick

"Don't Say That" by Greg Christiansen and Anik Singal (VIP Members)

# Important Dates

(Times are Central)

## JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	 4	5
6	7 11am VIP Co-Working	8 11am Tea & Talk	9 11am VIP Co-Working	10 11am Diamond Co-Working	11	12 11am Diamond Co-Working
13	14 11am VIP Co-Working	15 11am Tea & Talk	16 11am VIP Co-Working	17 11am Diamond Co-Working	18	19 11am Diamond Co-Working
20	21 11am VIP Co-Working	22 11am Tea & Talk	23 11am VIP Co-Working	24 11am Diamond Co-Working	25	26 11am Diamond Co-Working
5pm 27 Compliance Queens & Books	28 11am VIP Co-Working	29	30	31		

### Compliance Queens & Books (VIP & Diamond Members)

Join us for the our regularly scheduled Book Club Meeting.

### Tuesday Tea & Talk (Diamond Members)

Grab your favorite beverage and join us for an informal talk of all things Business.

**Discussion:** "Don't Say That" by Greg Christiansen and Anik Singal (VIP Members)