

# *Sacred Business* *Breakthrough* **Bootcamp**

with Empowerment Coaches

**Abiola Abrams**

and

**Tia Johnson**

**Release Your Fear,  
Heal Your Mindset,  
Mastermind Your Business...**



# A Quick Note Before We Begin

- Microphone is on mute
- There will be time for questions
- Make sure you have pen and paper at the ready
- You will be given the links
- The duration of this event is 45 minutes

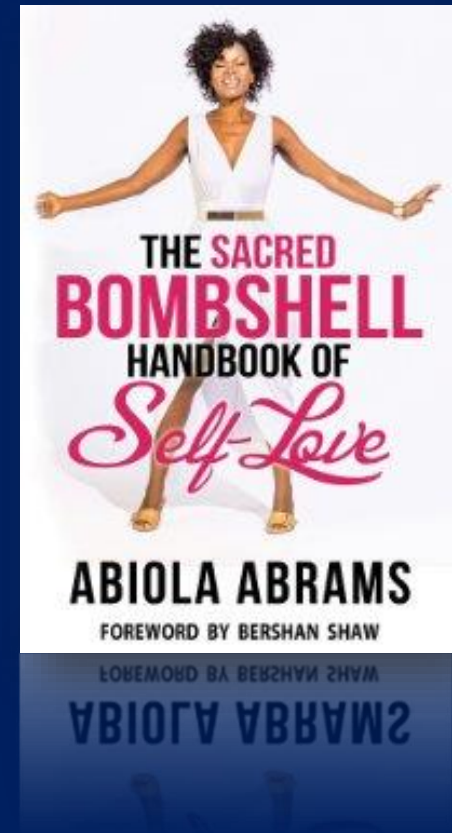
# Abiola Abrams

- Self-Worth Breakthrough Coach
- Advice Columnist
- Empowerment Speaker
- Lifestyle Expert as seen on TV
- Award-Winning Empowerment Blogger



# Abiola Abrams

- Received Bachelor's degree from Sarah Lawrence College
- Empowerment author of *The Sacred Bombshell Handbook of Self-Love*
- Master's Degree from Vermont College of Fine Arts.
- Received life coach certification from the American Union of Neuro-Linguistic Programming.
- [www.abiolatv.com](http://www.abiolatv.com)



# Tia Johnson

- Founder & CEO of The Violet Sanctuary Spa, LLC
- Created in 2010 as a way to promote & coach one's inner and outer spiritual growth.
- ANGEL THERAPY PRACTITIONER®
- Certified Hibiscus Moon Crystal Healer
- Gateway Dream™ Coach
- Reiki Practitioner
- Blogger
- Based in Philadelphia, PA



# Tia Johnson

- Author of *To Be Goddess: Every Woman Is A Goddess Discover Your Domain In Which You Reign Supreme*
- Several of my angel stories have been published in Doreen Virtue's books. I used the alias Tia Spanelli for two stories and Tia Johnson for the other stories!
- Received Bachelor's degree from La Salle University with a degree in Business Administration.
- Organizational Dynamics graduate student at The University of Pennsylvania
- [www.violetsanctuaryspa.com](http://www.violetsanctuaryspa.com)



*Welcome To The Sacred Business Breakthrough  
Bootcamp:  
7 Ways We Block Our Business Blessings*

We will discuss

- ❖ 7 Major blocks & Ways to combat those blocks
- ❖ 3 Bonus solutions to other common blocks
- ❖ Early bird access to our Sacred Business Breakthrough Bootcamp in November

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Fears: Rejection, Criticism, Success, and Failure

- ❖ It will happen
- ❖ Move on
- ❖ Building the story of you and your business
- ❖ Lessons learned and experiences gained



# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Money Resources

- ❖ I don't have the money for \_\_\_\_\_. How can I achieve \_\_\_\_\_? Is it worth it to take \_\_\_\_\_?
- ❖ There will be **plenty** of investments to make in yourself and your business
  - ❖ Certifications
  - ❖ Business expenses
  - ❖ Self-care
- ❖ SCORE (Service Corp of Retired Entrepreneurs)
  - ❖ Help with grants and other sources of funding for small business
- ❖ One step at a time
- ❖ Crowd source

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Lack of Information, Research, and Education

- ❖ Saying “no” to information when it’s being presented to you
- ❖ Misinformed about resources
- ❖ Willingness and determination
- ❖ Knowing where to look for information

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## The (negative) selfies

- ❖ Self-doubt
  - ❖ I'm not ready, too young, too old, etc
  - ❖ Acknowledge and release
  - ❖ You work hard; what you put in, you receive
  - ❖ Adopt a motto
  - ❖ Remember how far you have come
  - ❖ Redefine yourself as your business grows
- ❖ Self-confidence (gone wrong)
  - ❖ I cannot delegate
  - ❖ Too much too soon (social media and projects)
  - ❖ You must delegate
  - ❖ Train people
  - ❖ Self-care
  - ❖ Walk away

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Low Expectations

- ❖ I'm not good enough
- ❖ Who could accomplish that
- ❖ Belief systems
- ❖ Giving up before you start

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Boundaries

- ❖ Where do you work?
  - ❖ At home, a library, at work
  - ❖ Desk or table
  - ❖ Materials separate
  - ❖ Have a designated place to work and brainstorm
  - ❖ Do not let everyone and everyone give you advice
- ❖ Talking about your business
  - ❖ You can't share your enthusiasm with everyone
  - ❖ Hold on to your goals, dreams, etc, until you're at a place, mentally, where negative criticism cannot harm you

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

## Comparing

- ❖ Comparing yourself to someone, especially if they are wildly successful is a deal breaker for your success
- ❖ You can only be you
- ❖ Focus on what you can do right now
- ❖ It's okay to surround yourself with successful people
- ❖ It's okay to take notes from successful people
- ❖ List of aspirations

# *Sacred Business Breakthrough Bootcamp: 7 Ways We Block Our Business Blessings*

❖ Lack of coaching and mentorship; bad advice

❖ Lack of support belief

❖ Wrong network, Community

# *Sacred Business Breakthrough Bootcamp: With Empowerment Coaches Abiola and Tia*

- ❖ Early bird special rate at \$75
- ❖ University of Pennsylvania Bookstore
- ❖ 2-5pm 2 November
- ❖ Register by visiting either websites: [www.abiolaty.com](http://www.abiolaty.com) or [www.violetsanctuaryspa.com/events](http://www.violetsanctuaryspa.com/events)