



Admin Team &lt;team@couragewithjj.com&gt;

## Kickstart Session - Done ✓

5 messages

Admin Team <team@couragewithjj.com>  
To: gaynor.bartley@gmail.com

24 October 2024 at 11:29

Hi Tanya,

Hope you are having a peace-filled start to your day.

So, we have kicked off our work together and today I am dropping off some resources for your homework.

- [HERE](#) is the link to the video of the session.
- [HERE](#) is the summary that Zoom created of our session - it's a brief outline and I had to make a few corrections/edits which is to be expected with AI. It gives a good idea though.
- [HERE](#) is the Brand Muse Kit resource I mentioned. This is part of your homework task to begin some competitor analysis and begin to get clarity on your personal brand. **You do not need to answer all the questions**, do what feels right for you, but review the example competitors that I have listed - these are ideas, your muse's to help kickstart your brand and allow you to see what you can do differently, what is missing, and how you can approach things YOUR way.
- [HERE](#) is the resource which will help you with your ideal client by answering questions and forming a clear picture in your mind.

### Bi-weekly Check-ins

I will drop you a check-in message next week to see how you are getting on. While our sessions are on Saturday, the check-in's will be on Wednesday's but you can reply when you are able and you will get a reply from me within 24 hours between Monday-Friday. Any messages you send on the weekend are picked up on a weekday.

The Zoom link for our upcoming sessions will be circulated shortly on the dates we discussed, however, if you need to change any or decide you would prefer in-person, its fine, just let me know in advance.

**Our next meeting is scheduled to be in-person at 11am at my co-working space:**  
ARC Space, Western House, Western Street, Hockley, Nottingham, NG1 3AZ

**- You will still receive a zoom link for this session just in case.**

OK, I think I have covered everything. If I have missed anything, just let me know.

Looking forward to our next catch up!

With purpose and power!

**JJ**

Coach, Consultant, Business Mentor and Revenue Growth Strategist  
[Couragewithjj.com](http://Couragewithjj.com)

Coach JJ



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**tanya bartley** <gaynor.bartley@gmail.com>  
To: Admin Team <team@couragewithjj.com>

28 October 2024 at 19:09



tanya bartley reacted via [Gmail](#)

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**Admin Team** <team@couragewithjj.com>  
To: tanya bartley <gaynor.bartley@gmail.com>

28 October 2024 at 19:13

I'm buzzing at the favr that you've started your tiktok and sharing into IG...I am mad excited and proud of you!!!! I screamed when I watched your video the other day...you are SLAYING!

[Quoted text hidden]

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**Admin Team** <team@couragewithjj.com>  
To: tanya bartley <gaynor.bartley@gmail.com>

28 October 2024 at 19:33

I was typing so fast from excitement I spelt words wrong! Let's try again...

I'm buzzing at the fact that you've started your tiktok and sharing into IG...  
I am mad excited and proud of you!!!!

I screamed when I watched your video the other day...you are SLAYING!

[Quoted text hidden]

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**tanya bartley** <gaynor.bartley@gmail.com>  
To: Admin Team <team@couragewithjj.com>

29 October 2024 at 11:39

Thank you so much!! All because of YOU, YAHWAH IS GOOD!!!

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