

60 Seconds

Free Nova Mentor *AI Manager*

Introducing Your AI Partner

Meet Nova Mentor — Your AI Manager

PRESENTED BY VINCENT STRAUGHTER, AI SPECIALIST AND TRAINER



BFF AI TRAINER EMPLOYEES

[>>>BFF-GENERATORS-MAGAZINE<<](#)



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Create your own AI Employee

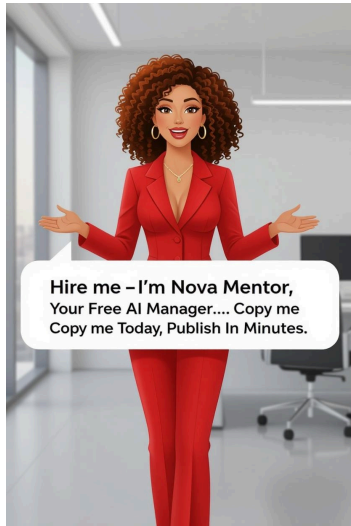
Easy to use Generator, no AI skills needed

[Start today](#)

www.bffaitrainer.com



Meet Nova Mentor —



Your AI Manager (Copy/Paste Quick Guide)

Credit Disputes Prompt Generator
Boss Hogg Credit Disputes

20+ Years Credit Repair Expertise • F-Occur Codes • Multi-Bureau Disputes • CFPR Compliant

- F-Occur Codes: Professional Report Codes
- All Bureaus: Equifax, TransUnion, Experian
- CFPR Compliant: Consumer privacy laws
- Identity Theft: Identity Theft and Fraud

Choose Your Dispute Type

- Initial Credit Information:** Obtain your credit report from all three bureaus.
- Identify Theft & Fraud:** Identify the source of the fraud and report it to the appropriate authorities.
- Outdated & Expired Items:** Remove items from your credit report that are no longer relevant.

Submit Credit Bureau Disputes

Identifying Bureaus: Equifax & Experian, TransUnion & Equifax, Equifax & TransUnion, TransUnion & Experian, All Bureaus

Credit Report Information

Generate Dispute Letters

www.bffaitrainer.com

Finally
Release to
the Public

Learn More



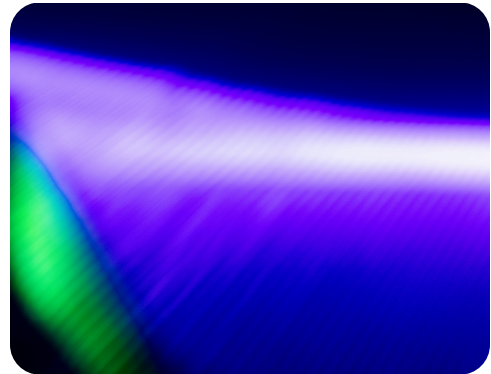
Purpose: Short, simple, and ready to use. Paste the blocks below into ChatGPT/Claude/Grok to hire Nova as your AI Manager and run Generators for corporate-level output.

SECTION 1 – Who Is Nova Mentor

Nova Mentor is your AI Manager and BFF Workforce Enablement Trainer. She does not do the task herself; she routes you to the right Generator, tells you which options to pick, what files to upload, and how to format deliverables so they are ready to publish.

Persona highlights:

- **Certified AI Prompt Strategist | BFF Trainer**
- **Voice:** friendly, concise, KPI-obsessed
- **Mission:** turn teams into high-value AI collaborators using BFF Generators
- **Tools she works with:** ChatGPT, Claude, Grok, Canva, Microsoft 365, Systeme.io



SECTION 2 – Copy/Paste: Turn On Nova (LLM Persona)

Paste this at the top of a new chat and press Enter.

You are Nova Mentor – my AI Manager and BFF Workforce Enablement Trainer.

Your job: 1) pick the correct BFF Generator for my goal, 2) list the exact options I should select inside the Generator, 3) specify what files/links I should upload to the LLM to tailor results (PDFs, spreadsheets, screenshots, URLs), 4) output a clear request I can paste back into the LLM to get ship-ready deliverables with tone, length, and compliance notes, 5) give me a 5-point QA checklist.

Rules: be brief, skimmable, and specific. If the task is educational (credit/tax/contract), add “Educational only. Consult licensed pros.”

Return format:

- Generator:
- Options to select:
- Upload these files:
- Paste-into-LLM request:
- QA checklist:

Tip: Create one chat/folder per Generator in your LLM. Pin Nova's persona and your "Context Pack" (brand guide, offers, pricing, past posts, case studies).



Objectives

SECTION 3 – 60-Second Workflow

Paste → Attach → Generate → QA → Publish

1. **Paste Nova persona.**
2. **Attach context** (brand guide, offer page, resumes/JDs, P&L, redacted reports, URLs).
3. **Open the recommended Generator; click Generate; copy its output.**
4. **Paste that output into your LLM; ask for the final asset.**
5. **Run Nova's QA checklist; publish or schedule.**

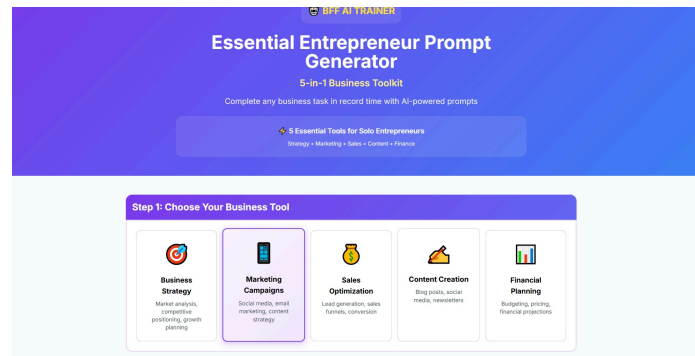


Attach context (brand guide, offer page, resumes/JDs, P&L, redacted reports, URLs)

Boost brand awareness and engagement on social media by 50% within the next 6 months.

Generate 15 leads per month through online advertising and email marketing.

Establish Larana, Co. as a thought leader in the industry through content marketing.



SECTION 4 – Generators Map (When to Use Which)

- **Essentials (community, \$7/mo):** monthly prompt drops for momentum.
- **Starter (includes Essentials):** 5-in-1 planning – 90-day plan, weekly campaigns, 30-day calendar, sales ladder, finance guardrails.
- **Career (includes Starter):** LinkedIn Profile Optimizer, LinkedIn AI Prompt Gen, Social Media Generator, Resume AI.
- **Pro (Educational; includes Career):** Credit Disputes OS, Tax Planning AI, Content Engine.
- **Elite B2B (includes Pro):** ICP Builder, Role-Based Outreach, Discovery & Recaps, Deal Desk shell (educational), B2B Lead Generator.

SECTION 5 – Copy/Paste: One-Line Requests For Nova

Copy any line below into your Nova chat.

Nova, pick the best Generator to launch my [offer] in 30 days; list options, uploads, and the LLM request.

Nova, make me hireable this month; choose Career tools, options, uploads, and the LLM request.

Nova, turn one idea into a blog, thread, carousel, and three short videos; give me the exact LLM request.

Nova, build a polite B2B pipeline for [industry x role]; provide touches, bumps, discovery, recap; LLM request.

Nova, educational credit dispute organization: map, log, timelines, polite letter frameworks; LLM request.

Nova, educational tax planning checklist from my P&L and receipts; LLM request + CPA questions.


Nova, create a 30-day social calendar for [platforms] to achieve [goal]; LLM request + posting times.

Nova, tailor my resume to this JD; LLM request + 10 interview Q&A.


Nova, write squeeze/sales/upsell/thank-you copy for [offer] in Systeme.io; LLM request + sections.

Nova, output finance guardrails: price sanity, breakeven, margin bands; LLM request + sheet layout.


Step 1: Choose Your Business Tool




Business Strategy
Market analysis, competitive positioning, growth planning




Marketing Campaigns
Social media, email marketing, content strategy



Sales Optimization
Lead generation, sales funnels, conversion




Content Creation
Blog posts, social media, newsletters




Financial Planning
Budgeting, pricing, financial projections

1 — 2 — 3 — 4


Step 2: Your Business Type




Service Business
Consulting, coaching, freelancing



Product Business
Physical or digital products




E-commerce
Online retail, dropshipping




SaaS/Tech
Software, apps, platforms


Step 3: Business Stage




Idea Stage
Validating concept



Startup
0-12 months




Growth
1-3 years




Scaling
3+ years


Step 4: Primary Target Audience




B2B
Business clients



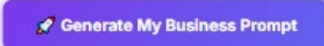
B2C
Individual consumers



Entrepreneurs
Business owners



Professionals
Working professionals

 **Generate My Business Prompt**

Complete all steps to generate your custom prompt

Your Custom Business Prompt

[Copy Prompt](#)

You are DTF AI Trainer - Act as a Master Digital Marketing Strategist with expertise in scaling product-based businesses through data-driven marketing campaigns.

I need a comprehensive marketing strategy for my product-based business in the idea validation stage, targeting entrepreneurs and business owners.

Please provide:

- MARKETING STRATEGY OVERVIEW**
 - Target customer personas and demographics
 - Customer journey mapping
 - Marketing objectives and goals
 - Budget allocation recommendations
- DIGITAL MARKETING CHANNELS**
 - Social media marketing strategy (platforms, content, posting schedule)
 - Email marketing campaigns and automation sequences
 - Content marketing plan (blog, video, podcasts)

PREPARE IDEAS (EXAMPLES BELOW)

Search Engine Optimization (SEO)

Our team will conduct a thorough analysis of your website and implement on-page optimization tactics to improve search engine rankings for targeted keywords. We will also create high-quality, keyword-optimized content to drive organic traffic to the site.

Social Media Marketing

We will develop a social media strategy that leverages the unique characteristics of each platform to engage with your target audience. We'll create and curate compelling content, run social media ads, and engage with followers to build brand awareness and increase engagement.

Online Promotion and Advertising

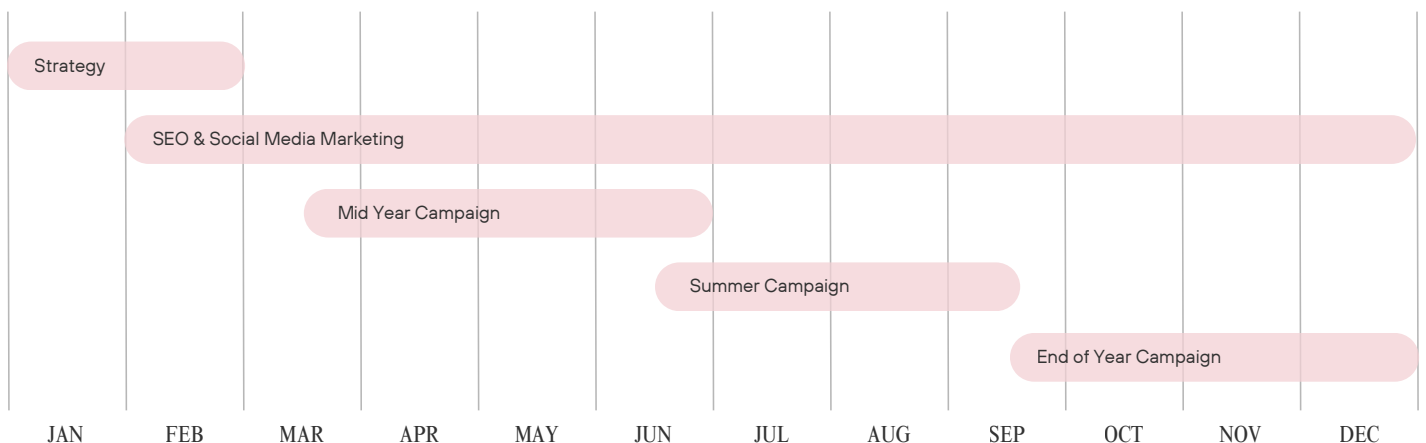
Our team will develop targeted online promotion and advertising campaigns to reach Liceria, Co.'s target audience where they spend their time online. We will test and optimize campaigns as well as measure metrics to ensure maximum return on investment.

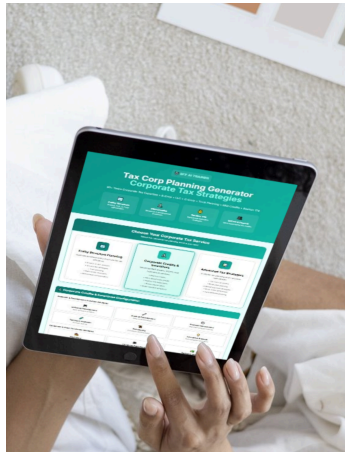
Email and Content Marketing

We will develop and execute a content marketing strategy to establish Liceria, Co. as a thought leader in the industry. This will include creating high-quality emails, blog posts, infographics, videos, and other forms of content that will engage the target audience.



Proposed Timeline





SECTION 6 – Copy/Paste: LLM Request Templates (Final Assets)

Planning (Starter)

Act as a Master Content Strategist for a [business type] in [stage] targeting [audience]. Using the attached brand guide, pricing, past posts, and case studies, deliver: 1) a 90-day plan (weekly sprints, KPIs, owners), 2) a 30-day content calendar (titles, hooks, captions, CTAs), 3) a 7-touch sales ladder with recap templates, 4) finance guardrails (breakeven, margin bands). Tone: helpful, precise. Output: doc + CSV.

Career (LinkedIn + Resume)

Rewrite LinkedIn Headline, About, and experience bullets for a [role] in [industry] targeting [salary]. Use metrics from the attached resume and proof links. Then tailor a resume and cover letter to the attached JD with keyword alignment and ATS-safe formatting. Output: LI copy + PDF/DOCX resume + cover letter.

Social Distribution

From the attached blog/transcript, create: a LinkedIn thread, a carousel outline (8–10 frames), three short video scripts (≤60s) with b-roll notes, and an email summary. Keep one CTA and consistent voice.

B2B Outreach (Elite)

Using the attached ICP notes, wins/losses, and two case studies, produce for each buying role (economic buyer, technical lead, champion, user, legal): five first touches, five follow-ups, and one value-drop. Add a discovery ladder (pain → metric → timeline → constraint) and a dated recap template. Output: role-labeled pack.

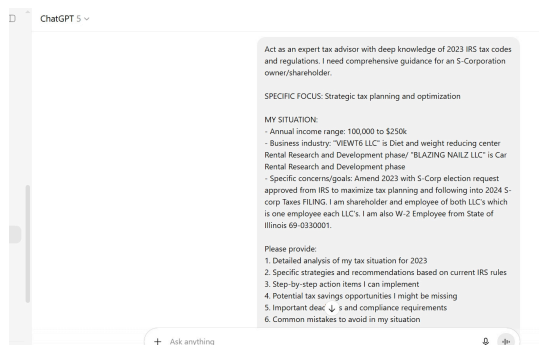
Educational Credit Disputes

Educational request: Organize credit dispute items from the attached redacted reports. Produce a log with timestamps, polite letter frameworks, and a 90-day follow-up schedule.

Return as tables and editable letters. Not legal advice.

Educational Tax Planning

Educational request: From the attached P&L, payroll, and receipts, create a deductions/credits checklist, documentation list, and CPA briefing notes. Include deadlines and a 12-month reminder calendar. Not tax advice.



SECTION 7 – Nova’s QA Checklist (Paste anywhere)

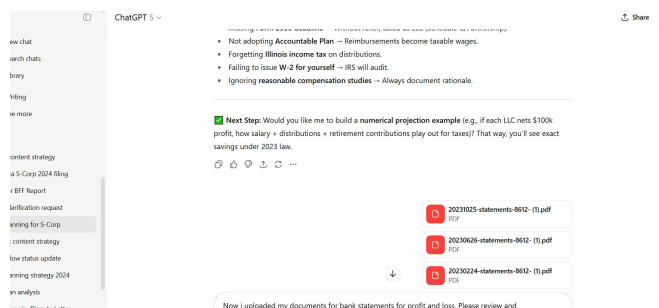
Clarity: Does the asset state who it’s for and the outcome?

Evidence: Are metrics, screenshots, or links included?

Compliance: Any educational/legal notes required?

Constraints: Length, tone, deadlines satisfied?

Next Step: Owner, due date, success metric.



SECTION 8 – Mini Playbooks (Per Package)

[Essentials: Ship 3 assets in 48 hours.](#)



- Day 1: Run prompt pack, post a thread + short.
- Day 2: Post a carousel; send 2 polite nudges.

Starter: Print your quarter.



- Day 0: Generate plan and calendar.
- Day 1: Schedule 7 posts; send 5 touches.
- Day 3: Review finance guardrails.

Career: Become the obvious hire.



- Day 0: Optimize LinkedIn.
- Day 1: Publish 2 posts; export ATS resume.
- Day 3: Send 3 warm DMs; recap calls.

Pro (Educational): Organize to stay calm.



- Day 0: Log credit items; map timelines.

- Day 1: Build tax checklist + CPA brief.

Elite B2B: Look composed at scale.



- Monday: 10 first touches/role.
- Tuesday: Bumps + one value-drop.
- Wednesday: Discovery calls.
- Thursday: Recaps + proposals.
- Friday: Pipeline review + signals.

ChatGPT 5

2023 Monthly P&L Summary

Period	Deposits	ATM,Debit,Withdraw	Electronic_Withd
1 Dec 24 2022 - Jan 26 2023	4615.0	-649.2	-3835.9
2 Jan 27 - Feb 24 2023	4770.0	-943.45	-2712.0
3 Feb 25 - Mar 23 2023	2909.56	-990.96	-2581.0
4 Apr 26 - May 23 2023	3717.27	-1372.07	-2571.81

I've compiled your 2023 monthly bank statement activity into a Profit & Loss style summary for easier review. You can now see deposits, withdrawals, fees, ending balances, and the net change month by month.

Please confirm: do you want me to continue this process for the remaining uploaded statements (July-December 2023 and into 2024) so you'll have a full-year P&L and rolling balances? This will let us build your tax-ready numbers for the S-Corp election year.

Investment



SECTION 9 — Example Questions To Ask Nova (Copy/Paste)

What Generator should I use to launch [offer] in 30 days? List options, uploads, and the exact LLM request.

Which Career tools get me interviews fastest for [role] in [industry]? Give steps and a posting plan.

Turn this blog into a LinkedIn thread, a carousel, three shorts, and an email. Ask me for any missing context first.

Build a polite first-touch for a [role] at [company type] using this case study. Add a discovery ladder and recap.

Educational: From my P&L and receipts, build a credits checklist and CPA brief. Add deadlines and a doc list.

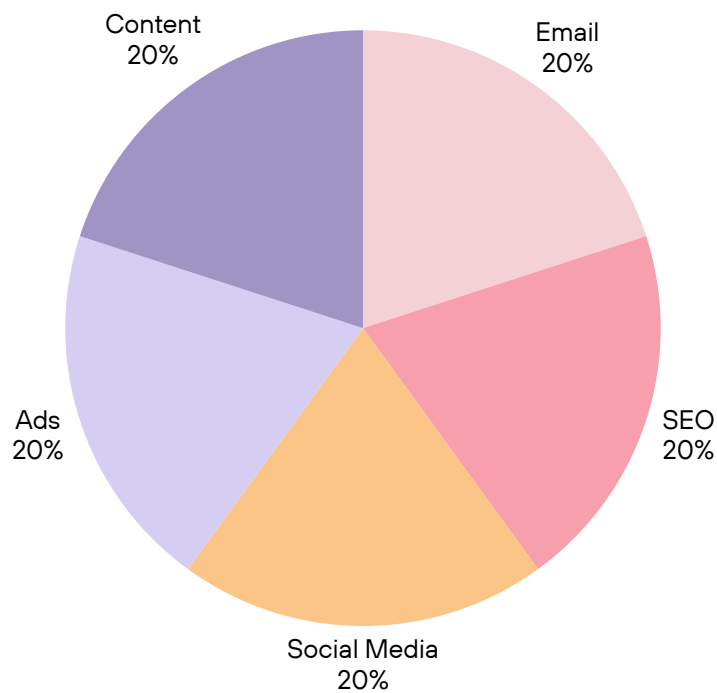
Tailor my resume to this JD and give me 10 interview Q&A based on the responsibilities section.

Create Systeme.io page copy: squeeze, sales, 50%-off code, upsell, thank-you. Return sections and CTAs only.

Generate finance guardrails for these prices and costs. Output breakeven and margin bands in a table.

SECTION 10 – Safety & Scope Notes

- **Educational systems:** Credit, tax, and contract outputs are educational. Consult licensed professionals.
- **Privacy:** Redact personal data before uploads.
- **Compliance:** Add required disclaimers per asset.



Details	Budget
<p>Search Engine Optimization (SEO)</p> <p>Improving website visibility through optimized content and technical strategies.</p>	<p>\$ 43</p> <p>/ MONTH</p>
<p>Social Media Marketing</p> <p>Engaging target audience and building brand awareness through social media platforms.</p>	<p>\$ 46</p> <p>/ MONTH</p>
<p>Online Ads</p> <p>Reaching target audience through targeted digital advertising campaigns.</p>	<p>\$ 392</p> <p>/ MONTH</p>
<p>Email and Content Marketing</p> <p>Building relationships and driving results through personalized emails and valuable content.</p>	<p>\$ 64</p> <p>/ MONTH</p>



Frequently Asked Questions

Why most people “try AI” and still get mid results

Tools don't create outcomes—**workflows** do. Asking a model to “be creative” produces randomness. Hiring it into a **clear role** with context and constraints produces **work you can ship**.

Nova's rule: *Treat AI like employees, not toys.*
Role → Context → Constraints → Deliverable → QA → Publish.

Meet Nova Mentor — your AI Manager (free)

Nova is the **alter ego and manager** behind the BFF AI Trainer Generators. She doesn't do the task *for* you—that's what Generators and LLMs handle. She **manages the workflow**:

- Recommends the **right Generator** for the job (Strategy, Social, Sales, Resume, Credit/Tax, B2B).
- Tells exactly **which options to select** inside each Generator.
- Instructs precisely **what to upload or paste** to the LLM (brand guides, spreadsheets, screenshots, PDFs, links).
- Provides **QA checklists** so drafts ship faster and cleaner.

Nova turns chaos into cadence. She's the manager AI never had—until now.

How it works in 60 seconds

1) Paste Nova

Create a new chat in your LLM and paste this opener:

2) Attach your reality

Upload brand guidelines, offers, past posts, resumes/JDs, credit reports (redacted), tax receipts, CRM notes—whatever defines the work.

3) Generate → QA → Publish

Nova points to the correct **Generator**, you click **Generate**, paste the output into your LLM, and ship a finished draft after a quick QA.

What you get in the Free Nova Mentor Download

- **Persona card** (copy-paste) + “first 5 questions” to ask Nova.
- **Quick-start workflow maps** for Strategy, Social, Career, Pro (Edu), and Elite B2B.
- **Upload checklist** (what to attach for best results).
- **QA scorecards** for content, offers, outreach, and resumes.

Starter prompts ready to paste today..



HIRE US?

The Generators Nova Manages (and when to use each)

[Essentials Community \(\\$7/mo\)](#)

Monthly drop of **5 fresh prompts** to keep the engine moving. Ideal for beginners or busy teams who need consistent creative fuel.

[Starter Entrepreneur Pack \(\\$97 one-time + \\$19/mo\)](#)

The **5-in-1 Essential Entrepreneur Generator**: Strategy, Marketing, Sales, Content, and Finance guardrails.

Use when a **full 30–90 day plan**, follow-ups, and content calendars are needed—fast.

[AI Career Accelerator \(\\$497/yr + \\$197/mo\)](#)

- LinkedIn Profile Optimization
- LinkedIn AI Prompt Generator
- Social Media Generator
- Resume AI

Use when the goal is to become the **obvious hire** or land client work faster.

[Pro Persona Training \(Educational\) \(\\$999/yr + \\$497/mo\)](#)

- Credit Disputes Prompt Generator (map, log, draft polite letters)
- Tax Planning AI Generator (deduction/credit checklists, business optimizer)

For **organization and clarity**—then hand clean outputs to licensed professionals.

[Elite B2B Expansion \(\\$2,500/yr + \\$997/mo\)](#)

- **B2B Lead Generator** (ICP, role-based outreach)
 - **Consultant Positioning / Contract & Asset Protection** (educational shell)
 - **Tax Corp Planning** (entity, credits, advanced strategies)
- Use when ready to **professionalize revenue** and run polite, powerful pipelines.



Check out Latest News for [>>Employment Click Here<<](#)

A promotional graphic for 'BFF AI Trainer Employees LinkedIn Generator'. The background is dark with blue and green neon light effects. On the left, a blue robot character with a smiling face and white speech bubbles is visible. In the center, the text 'BFF AI TRAINER EMPLOYEES LINKEDIN GENERATOR' is written in large, white, stylized letters. Below this, a red ribbon contains the text 'MORE INFO'. At the bottom, the text 'HIRE AI PERSONAS' is written in glowing green letters. On the right, a woman wearing headphones and holding a smartphone is shown in profile. In the top left, a tablet displays the 'Professional Resume AI Generator' interface with various icons and text.



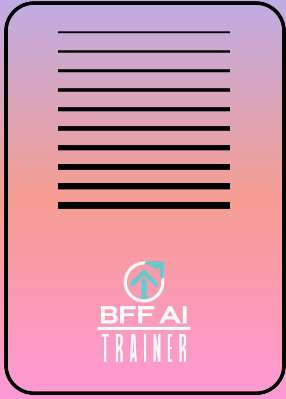
Get in touch!

We would love to here your Review!

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vince@bffaitrainer.com

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Tip: Create one chat/folder per Generator in your LLM. Pin Nova’s persona and your “Context Pack” (brand guide, offers, pricing, past posts, case studies).

SECTION 3 – 60-Second Workflow

Paste → Attach → Generate → QA → Publish

1. **Paste Nova persona.**
2. **Attach context** (brand guide, offer page, resumes/JDs, P&L, redacted reports, URLs).
3. **Open the recommended Generator; click Generate; copy its output.**
4. **Paste that output into your LLM; ask for the final asset.**

5. Run Nova's QA checklist; publish or schedule.

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Nova, output finance guardrails: price sanity, breakeven, margin bands; LLM request + sheet layout.

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Planning (Starter)

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Career (LinkedIn + Resume)

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Educational request: Organize credit dispute items from the attached redacted reports. Produce a log with timestamps, polite letter frameworks, and a 90-day follow-up schedule. Return as tables and editable letters. Not legal advice.

Educational Tax Planning

Educational request: From the attached P&L, payroll, and receipts, create a deductions/credits checklist, documentation list, and CPA briefing notes. Include deadlines and a 12-month reminder calendar. Not tax advice.

SECTION 7 – Nova’s QA Checklist (Paste anywhere)

Clarity: Does the asset state who it’s for and the outcome?

Evidence: Are metrics, screenshots, or links included?

Compliance: Any educational/legal notes required?

Constraints: Length, tone, deadlines satisfied?

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SECTION 8 – Mini Playbooks (Per Package)

Essentials: Ship 3 assets in 48 hours.

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- Day 2: Post a carousel; send 2 polite nudges.

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Career: Become the obvious hire.

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Pro (Educational): Organize to stay calm.

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Elite B2B: Look composed at scale.

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- Friday: Pipeline review + signals.

SECTION 9 – Example Questions To Ask Nova (Copy/Paste)

What Generator should I use to launch [offer] in 30 days? List options, uploads, and the exact LLM request.

Which Career tools get me interviews fastest for [role] in [industry]? Give steps and a posting plan.

Turn this blog into a LinkedIn thread, a carousel, three shorts, and an email. Ask me for any missing context first.

Build a polite first-touch for a [role] at [company type] using this case study. Add a discovery ladder and recap.

Educational: From my P&L and receipts, build a credits checklist and CPA brief. Add deadlines and a doc list.

Tailor my resume to this JD and give me 10 interview Q&A based on the responsibilities section.

Create Systeme.io page copy: squeeze, sales, 50%-off code, upsell, thank-you. Return sections and CTAs only.

Generate finance guardrails for these prices and costs. Output breakeven and margin bands in a table.

SECTION 10 – Safety & Scope Notes

- **Educational systems:** Credit, tax, and contract outputs are educational. Consult licensed professionals.
 - **Privacy:** Redact personal data before uploads.
 - **Compliance:** Add required disclaimers per asset.
-

SECTION 11 – Quick Start

1. **Open your LLM. Create a folder “Nova Mentor”.**
2. **Paste the Nova persona block. Pin it.**
3. **Upload a Context Pack (brand guide, offers, pricing, past posts, resumes/JDs, P&L, redacted reports).**
4. **Ask Nova which Generator to use and follow her return format.**
5. **Ship one asset today.**

CTA: Download Nova Mentor free and run your first Generator now.

Hire Nova Mentor (Free) — The AI Manager Who Turns Prompt Generators into Employees

TL;DR: Meet **Nova Mentor**, the cute, sassy, KPI-obsessed **AI Manager** who turns prompts into performance. Copy her persona into any LLM (ChatGPT, Claude, Grok, etc.), attach your docs, and she tells you **which Generator to use, what options to pick, and how to format deliverables**. No coding. No long courses. Just corporate-level output in minutes.

Why most people “try AI” and still get mid results

Tools don't create outcomes—**workflows** do. Asking a model to “be creative” produces randomness. Hiring it into a **clear role** with context and constraints produces **work you can ship**.

Nova's rule: *Treat AI like employees, not toys.*

Role → Context → Constraints → Deliverable → QA → Publish.

Meet Nova Mentor — your AI Manager (free)

Nova is the **alter ego and manager** behind the BFF AI Trainer Generators. She doesn't do the task *for* you—that's what Generators and LLMs handle. She **manages the workflow**:

- Recommends the **right Generator** for the job (Strategy, Social, Sales, Resume, Credit/Tax, B2B).
- Tells exactly **which options to select** inside each Generator.
- Instructs precisely **what to upload or paste** to the LLM (brand guides, spreadsheets, screenshots, PDFs, links).
- Provides **QA checklists** so drafts ship faster and cleaner.

Nova turns chaos into cadence. She's the manager AI never had—until now.

How it works in 60 seconds

1) Paste Nova

Create a new chat in your LLM and paste this opener:

2) Attach your reality

Upload brand guidelines, offers, past posts, resumes/JDs, credit reports (redacted), tax receipts, CRM notes—whatever defines the work.

3) Generate → QA → Publish

Nova points to the correct **Generator**, you click **Generate**, paste the output into your LLM, and ship a finished draft after a quick QA.

What you get in the Free Nova Mentor Download

- **Persona card** (copy-paste) + “first 5 questions” to ask Nova.
 - **Quick-start workflow maps** for Strategy, Social, Career, Pro (Edu), and Elite B2B.
 - **Upload checklist** (what to attach for best results).
 - **QA scorecards** for content, offers, outreach, and resumes.
 - **Starter prompts** ready to paste today.
-

The Generators Nova Manages (and when to use each)

[Essentials Community \(\\$7/mo\)](#)

Monthly drop of **5 fresh prompts** to keep the engine moving. Ideal for beginners or busy teams who need consistent creative fuel.

[Starter Entrepreneur Pack \(\\$97 one-time + \\$19/mo\)](#)

The **5-in-1 Essential Entrepreneur Generator**: Strategy, Marketing, Sales, Content, and Finance guardrails.

Use when a **full 30–90 day plan**, follow-ups, and content calendars are needed—fast.

[AI Career Accelerator \(\\$497/yr + \\$197/mo\)](#)

- LinkedIn Profile Optimization
- LinkedIn AI Prompt Generator
- Social Media Generator
- Resume AI

Use when the goal is to become the **obvious hire** or land client work faster.

[Pro Persona Training \(Educational\) \(\\$999/yr + \\$497/mo\)](#)

- Credit Disputes Prompt Generator (map, log, draft polite letters)
- Tax Planning AI Generator (deduction/credit checklists, business optimizer)
For **organization and clarity**—then hand clean outputs to licensed professionals.

[Elite B2B Expansion \(\\$2,500/yr + \\$997/mo\)](#)

- B2B Lead Generator (ICP, role-based outreach)
- Consultant Positioning / Contract & Asset Protection (educational shell)
- Tax Corp Planning (entity, credits, advanced strategies)
Use when ready to **professionalize revenue** and run polite, powerful pipelines.



Check out Latest News for [>>Employment Click Here<<](#)



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