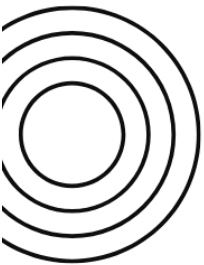


SIMON ABBOTT

+

DEAR SOLOPRENEUR

Your coach, mentor and business buddy in a book



+



Contents

The One with the Welcome	2
Welcome to Solopreneur and why you belong.	
The One About Designing Your MVB	3
Launch small, learn fast: build your <i>Minimum Viable Business</i> so momentum beats perfection.	
The One About Fears	5
Turn fear's whispers into data, then act—rewire beliefs and shrink the monsters.	
The One About Not Quitting Your Dreams	8
Keep the destination, change the vehicle: challenge methods without abandoning what you truly want.	
The One About Quitting What Doesn't Work	10
Winners prune early and often—set quit points, free resources, and let better bets grow.	
The One About When They Don't Bite	12
Right fish, right pond, right path: align Market, Message, Media—and a clear CTA.	
The One About the Parachute	14
Don't be the single point of failure—pack systems, support, and safety nets now.	
The One About the Blowing Your Own Trumpet	16
Get noticed without cringing — share your value in a way that feels natural and true.	
The One About the Author	18
Meet the person behind the letters — why I write them, and how my journey connects with yours.	
The One About the Next Steps	19
Keep the momentum - simple ways to stay supported and inspired beyond this book.	

The One with the Welcome

Dear Solopreneur,

Welcome — I'm so glad you're here.

You've just taken your first step into something bigger than a book. By downloading this sampler, you've joined a growing community of solopreneurs, dreamers, doers, and business builders who know what it feels like to go it alone — and who also know it's easier, lighter, and more joyful when you've found your tribe.

What you're holding is a small taste of what's to come. These are sample letters from my forthcoming book, *Dear Solopreneur*. Each one is written straight from me to you — a mix of encouragement, clarity, and those gentle but important nudges we all need from time to time.

But here's the real secret: it's not just what lies *in* the covers of this book, or what drops *in* your inbox through the newsletters you'll now receive. What matters most is what happens *in between your ears* — the inner dialogue that shapes you as an entrepreneur and drives the ventures you're building. Change that conversation, and you change everything.

Think of these letters as companions to that inner dialogue: reminders, reframes, and rallying cries to help you tune out the doubts and tune into your own possibilities.

Sometimes they'll inspire, sometimes they'll challenge, and sometimes they'll simply remind you that you're not on this path alone. Because you're not. You've found a place where your journey is seen, understood, and supported.

This sample is just the beginning. As part of the Solopreneur community, you'll also receive new letters, fresh insights, and ongoing support direct to your inbox. My hope is that this becomes more than reading — it becomes a relationship, one that grows with you as you build the business and life that's right for you.

So welcome, truly. You've found your tribe. And remember — you've got this, and I've got your back.



Simon Abbott

Your friend, coach, and business buddy on this solopreneur journey

The One About Designing Your MVB

Dear Solopreneur,

We all dream of creating the perfect business — something we're proud to put our name on. The perfect product. The perfect service. The perfect brand.

But perfection has a sting in its tail: it delays, it paralyses, it creates excuses not to launch. And no launch means no customers, no income, and — if you're burning cash chasing "perfect" — no business before you've even begun.

The truth? Your business will never be perfect on launch day. Only by launching will you learn what to improve — and what to ditch. If you wait until it's finished, you'll wait forever.

There's a solution for this: the MVP — Minimum Viable Product.

Notice those first two words: *minimum* and *viable*. It's about the least you need to deliver value. That's all it takes to launch.

What are the minimum needs? Your customers will tell you. If all they need is something to keep the door open, your MVP might be just a brick. No Bluetooth speakers, no go-faster stripes. Just a brick.

Launching your MVP could be the difference between never launching at all and finally getting your thing into the world.

In my background as an applications developer, it took me years of bloated software projects to learn this lesson. We'd add feature after feature, chasing "complete," until the whole thing collapsed under its own weight. And it wasn't just me — the entire tech world saw the same problem. That's why Agile was born: a movement to break the cycle of never-ending, over-engineered projects. Agile always starts with an MVP. It's all about starting small, shipping fast, and improving later, because "perfect" software was leaving too many businesses paralysed, broke, and late to market.

And here's the pivot: it's not just products that need an MVP. Your whole business does too. I once launched with a fancy office, fancy logo, and expensive overheads — burning cash I should have saved for essentials. Don't be a fool like me. Think instead about your **Minimum Viable Business (MVB)**. What do you *actually* need to test your idea?

I worked with a coaching client who launched her business in a single weekend. No glossy brochures, no fancy business cards — just a clear idea of her offering and a one-page website. Truth be told, she didn't even need that much, but it was enough to make her look real, credible, and confident — and more importantly, to start working with clients.

This is where Simon Middleton's point in *Build a Brand in 30 Days* really hits home: reputation comes before branding. If you pour time and money into branding first, only to

disappoint, you cripple your brand before it's even begun. But if you launch your MVP or MVB first, deliver well, and build a reputation, then your brand has a solid foundation to grow on. In fact, I go as far as to say you don't need your brand to go to market at all — a working and possibly disposable name and logo are good enough.

Even big companies test this way, spinning out “mini businesses” before folding them back into the brand.

So don't let the lack of a perfect name or logo paralyse you. Don't let the pursuit of perfect cripple your momentum. Business is testing. Marketing is testing. Every test is feedback. Launch simple, learn fast, and let perfection come later.

You've got this — and remember, I've got your back.

Exercise — Your Minimum Viable Business

Take 10 minutes and a blank page. Write down:

1. What's the simplest version of your product or service that delivers value? (Strip away every bell and whistle until you're left with the brick.)
2. What's the absolute minimum your business needs to look real and credible? (Website? One-page flyer? Social media profile? Or even just a clear offer you can explain in a sentence.)
3. What costs could you delay or avoid until after launch? (Fancy logos, office space, professional headshots — do you really need them yet?)
4. What feedback do you need most from real customers right now? (Price point? Features? Demand? Delivery method?)

Circle one step you can take this week to get your MVP or MVB in front of someone who matters.

The One About Fears

Dear Solopreneur,

Do you ever feel fear in your life, business, or both? You're not alone. It can be as unwelcome as a wasp at a picnic.

There's a popular book by Susan Jeffers called *Feel the Fear and Do It Anyway*. Some of us just need to read the title and accept it as a mantra, but for most of us there are times we can't blindly take that leap of faith. That's when we need some tools to get over these hurdles we call fears. But don't worry — as always, I've got your back.

Fear. It shows up in so many disguises. The fear of failing, of being rejected, of being judged, of losing what you've built, or even of succeeding and not knowing what to do next. Fear doesn't shout — it whispers. *"What if you can't handle it?" "What if they laugh?" "What if you mess this up?"* And in those whispers, it shrinks us back into safety.

But here's the truth: fear isn't proof. In coaching circles, it's often reframed as *False Expectations Appearing Real*. Most of the things we fear never happen. And when they do, they're rarely the monsters our imagination painted. Fear isn't there to predict the future; it's there to test whether you're willing to step forward anyway.

Here's the reframe I want to offer you: that fearful inner voice isn't always yours. Sometimes it belongs to a parent who wanted you to stay safe, a teacher who doubted you, or an old version of yourself who hadn't yet grown into who you are now. Ask yourself: *"Whose FEAR is this anyway? Is this voice really mine?"* If it's not, you don't have to keep listening.

Now let's talk about limiting beliefs. Think of them as tables. On top sits the belief itself: "I'll fail," "I'm not ready," "I don't belong here." What holds it up are the legs — old experiences, harsh words, assumptions you've never questioned. If the legs are weak, the whole thing collapses. Kick away the ones that don't hold true anymore. Then build a sturdier table by stacking positive evidence: skills you've gained, clients you've helped, feedback you've received, setbacks you've survived. The more legs you add, the stronger the belief becomes.

I know this isn't just theory. As a child, I struggled with speech therapy and carried a deep fear of speaking. The thought of putting myself out there — even answering the phone — felt overwhelming. But step by step, I built new legs under a different belief. First, jobs where I had to communicate. Then lecturing at college. Eventually, I joined a public speaking club — and even won a humorous speech competition. Each step gave me evidence that I could rewrite my belief. Fear still knocked, but it no longer ruled. If I can rewrite a belief that deep, so can you.

Fear also loves to play storyteller. Your mind can spin the scariest plot twists out of thin air. And of course, what do stories need? Drama. Edge-of-your-seat thrillers. The reality is life

doesn't have to be written that way. You get to write your own story — not just through the words you tell yourself, but through the feelings you choose to embrace or reject, and most definitely through the actions you take.

So, when fear starts its storytelling, pause and ask: *What are the possible endings here?*

- What's the worst-case outcome?
- What's the best-case outcome?
- What's the most likely outcome?
- And most importantly — what can I do to influence which one becomes real?

When you look at it like this, you'll see that fear's script is often pure fiction. And you hold the pen.

And if fear still feels overwhelming, here's a way to strip it of its power: manage it like a risk. Write it down and ask:

- What's the actual risk here?
- How likely is it, really?
- How big would the impact be if it happened?
- What actions could I take to lower the chances or soften the impact?

When you look at fear this way, most of the monsters shrink to something you can handle. Risk management takes fear out of the shadows and puts it under the light of logic.

The truth is that fear never fully disappears. It's background noise. But you get to decide how loud it plays, and whether it shrinks you into safety or propels you into growth.

You've got this — and remember, I've got your back.

Exercise: Turn Fear into Feedback

1. Write down one fear circling in your mind. Name it clearly.
2. Ask yourself: Whose FEAR is this anyway? Is this voice really mine?
3. List the "legs" holding the belief up. Kick away the weak or borrowed ones. Add strong legs to support a new belief you want to hold.
4. Check the story. What's the worst-case outcome, the best-case, and the most likely? What actions could you take to make the best more real?
5. Break it down as a risk. How likely is it, and how big would the impact be? What steps could you take to reduce both?

Each time you face fear with these tools, you turn it from a shadow into a teacher — and from a dead end into a stepping stone.

“You are the author of your own life – write your own happy ending and step into it.”

• Simon Abbott

The One About Not Quitting Your Dreams

Dear Solopreneur,

Here's the thing: it's okay to quit the method, just not the dream.

In my opinion you should always challenge your dreams, make sure they're what you really want — or, to borrow from the Spice Girls, what you really, really want.

Think of your dream as your guiding star, the destination you plug into the Sat Nav. You need to think carefully before setting course on what can be an arduous journey, because too often we don't.

Cast your mind back to when you were a kid. Remember that big present you wanted for your birthday, Christmas, or basically any day with a "y" in it? You couldn't live without it... until you got it. As adults, we're still susceptible to that same bright shiny object syndrome — chasing what we think we want, only to find it doesn't satisfy the deeper desire.

Come on, admit it — we've all done it. Started a business that wasn't quite right, switched jobs, moved house, bought that car. The grass always looks greener, doesn't it?

The truth is most of us don't struggle to hit goals; we struggle to choose the right ones. That's why, when I'm coaching clients, I ask a sneaky but telling question. I'll ask you too:

If you won millions on the lottery this weekend, would you still want to build this business?

Pause there. Really sit with it. Because for many, the answer is no. And that's okay. For them, the business isn't the dream — the money is. The business is just one vehicle to get there. And if that's the same for you, then quitting the business isn't quitting the dream. It's just changing the method.

If you won millions on the lottery this weekend, would you still really, really want to build this business?

See the reframe? It opens up whole new possibilities. You could drop the stress of building this business and choose another route to the same destination. Maybe this business is just one step, a waypoint, not the final stop. It's disposable or changeable — almost a rung on a career ladder.

Here's the other thing: even when clients say it's about the money, it rarely is. So, I ask my follow-up challenge — and you should ask it too:

If you had all the money you needed, what would it give you?

Freedom? Security? Time? A legacy for the kids? Money is rarely the destination. It's just another vehicle to get you to what you really, really want. And when you identify and cost

your real dreams, you often find they're less expensive than you thought — or that there are alternatives. For example, maybe it's a scholarship covering your kids' university fees rather than a massive bill for you.

So don't quit on your dreams. But do quit the methods if they're not working — or if there's a better way.

Define your true destination. Switch vehicles if you need to. But never, ever abandon the dream.

You've got this — and remember, I've got your back.

Reflection Exercise

Now take a moment to validate your dream with deeper thought. Ask yourself:

1. What do you really want?
2. What would it mean for you to achieve this dream or goal?
3. What would it mean if you did not achieve this dream or goal?

The One About Quitting What Doesn't Work

Dear Solopreneur,

Here is a real trick about winning – quit and quit often.

Oh, that's one a bit controversial, confusing maybe? No, it makes perfect sense. Winners do stuff that works – it's the secret to success. Do what works, quit what doesn't. It's the losers in life who do the same thing day in, day out, failing but expecting a different result every time. In fact, some people say that's the definition of insanity.

This letter is for the sane. To give you permission to give up, to try something new, or even to try something old and tested that simply works. To give you permission to quit what isn't working.

The real trick is knowing when to hold them and when to fold them.

Sometimes it's hard to let go — but not as hard as trying to row the ocean in a leaky boat. And here's the truth: sometimes things that worked yesterday don't always work today. Technology changes. Customer expectations shift. Whole markets evolve overnight.

One of my early ideas was, at the time, genuinely innovative — a way for non-technical people to easily create mini-websites that ran from CD-ROMs. You'd pop it in your PC and up came a friendly interface to navigate the resources. Back then, CD-ROMs were glued to the covers of computer magazines and used for training programmes. It looked like the perfect gap in the market. The trouble was that broadband arrived. Streaming and cloud-based learning took off. Suddenly, my “next big thing” was already obsolete before it was even launched. The only smart move left was to quit.

And it's not just us little guys. Even the giants fall when they don't know when to quit. Take Kodak. For most of the 20th century they were photography — the household name, the market leader. They even invented one of the first digital cameras back in the 1970s. But instead of running with it, they buried it. Why? Because they were too attached to film. They couldn't bear to quit what had worked for them for decades, even as the world shifted. The irony? By clinging to the old, they lost the new. Digital cameras took over, smartphones followed, and Kodak filed for bankruptcy in 2012. Too big to fail? No company is too big to fail if it can't adapt. The same is true for us.

And that's the point. Quitting isn't weakness. It's recognising reality sooner than others and redirecting your time, energy, and creativity into something that can actually grow. Grit gets celebrated, but grit without growth just grinds you down.

Here's a better mindset: quitting is a strategy. Winners don't cling to dead ends; they prune them away to make space for new growth. Just like a gardener cuts back weeds so the flowers can flourish, you sometimes must step back and let go.

So, test everything. Create clear baselines: what does “working” look like? Try it, measure it, then decide. Is it better, worse, or flatlining? If it’s worse — quit. If it’s flatlining — tweak. And if it’s better, keep going and test again. It’s a simple cycle, but it keeps you from pouring effort into things that will never pay off.

Remember, winners quit often. Not because they’re weak, but because they’re smart enough to stop wasting time on what doesn’t work.

You’ve got this — and remember, I’ve got your back.

Exercise

1. Make a list of your current projects, offers, or marketing channels.
2. For each one, set a success benchmark: What’s the minimum result that makes this worth continuing?
3. Write down a “quit point”: the conditions under which you’ll stop.
4. Review them regularly and don’t be afraid to fold when the signs say it’s time.

The One About When They Don't Bite

Dear Solopreneur,

I know that feeling when you put something out there — a post, an email, an ad — and it's met with a wall of silence. It stings. You start second-guessing yourself: Was it me? Was it what I said? Maybe I'm just no good at this marketing thing. I promise you; you're not alone in that spiral. I've been there too.

Here's the reframe sometimes it's not the fish, it's the pond. You can have the juiciest bait in the world, but if the fish aren't in that pond, they'll never bite. That's why we always come back to the three M's — Market, Message, and Media.

- **Market:** Who are you talking to? Do you really know what they want, or are you guessing?
- **Message:** Are you speaking their language, not just yours?
- **Media:** Are you showing up where they are, or just where you feel comfortable?

But there's a fourth trap that catches a lot of us out — even when we've nailed the three M's. It's failing to structure the message in a way that leads to action. That's where my Great Aunt Aida comes in. Well... she's not my actual aunt, but she is great.

AIDA is a classic marketing model: Attention, Interest, Desire, Action. Think of it like a newspaper. The headline grabs your attention. The first few lines build your interest. The story creates desire by making you care. And the "call to action" — the little box that says "Subscribe here" or "Call this number" — gives you the next step. Without that structure, even the right fish in the right pond won't know what to do with your bait.

So, if you're getting silence, it's not a reason to give up — it's a reason to check:

- Am I in the right pond (Market)?
- Am I using the right bait (Message)?
- Am I fishing where they are (Media)?
- And am I giving them a clear path to bite (Call to Action)?

You've got this — and don't forget, I've got your back.

Exercise:

Pick three of your customer avatars. For each one, jot down:

1. What they really want.
2. Where they hang out (online and offline).

3. How your current marketing shows up for them.
4. Then ask: does your message follow Aunt Aida's recipe? Are you leading them all the way to action, or just tossing crumbs on the water and hoping?

Remember — silence doesn't mean failure. It means feedback. It's a clue pointing you to where you need to realign. And the beautiful thing? Once you get Market, Message, Media, and the Call to Action all working together... the bites will come.

The One About the Parachute

Dear Solopreneur,

Some mornings you wake up with man flu (you know how deadly that can be). Other days it's the big one: CBA syndrome — Can't Be Arsed. Happens to the best of us.

But jokes aside, there are the heavier days too. The stress that ties your stomach in knots. The bone-deep exhaustion that makes even sending one more email feel like climbing Everest. The foggy, unfocused days where your brain just won't play ball.

Here's the thing: you're allowed them.

You're allowed duvet days. You're allowed sick days. You're allowed family-first days.

I've known business owners who needed months out. And instead of healing, they spent the whole time sicker from the worry — not just that their business would implode, but that their income would dry up and leave them with nothing to come back to. Here's the truth: you don't have to be indestructible. But you do need to be prepared. So, let me ask: If you had to step away tomorrow, who takes over? Who keeps things ticking, keeps the customers happy, keeps the money coming in? If the answer is "no one" ... well that's a problem to be solved. Right? Is it time to pack your chute? Packing your parachute might mean:

- **Systems:** automations, checklists, and processes that run without you pressing every button.
- **Support:** a VA, a freelancer, a subcontractor, even a trusted mate who can jump in.
- **Safety nets:** savings, insurance, or backup plans that give you breathing space instead of panic.

And here's the kicker: parachutes aren't "set and forget." They need checking. Testing. The odd fire drill. Take a day off on purpose and see what breaks. Every crack you spot now is one you can patch before life forces your hand.

Don't forget — you need to pack your parachute before you need it, because the curse of the solopreneur is being the single point of failure. The blessing is realising you don't have to be. You've got this — and remember, I've got your back.

Exercise:

Think about three likely scenarios where you'd have to step back — sickness, family, burnout. For each one, jot down:

- Who steps in?
- What keeps running?

- What falls apart?

Then take it a step further. For every gap you spot, ask yourself:

- How can I make this stronger, more robust, more resilient?
- Where do I need to add systems, support, or safety nets so I'm not the single point of failure?
- Think it through. Implement what you can. That way, if the day ever comes, all you need to do is pull the cord.

The One About Blowing Your Own Trumpet

Dear Solopreneur,

Whilst what other people say about you often carries more weight, sometimes you have to blow your own trumpet to make sweet music. Not that me blowing anything — or playing any instrument — is going to sound that sweet.

Back when I was running my first business (really a side hustle), building websites for small businesses, I found my favourite customer. They're not always the biggest payers, and sometimes you end up doing extra bits just because you like them. Mine was an old German guy who ran the local music shop. He'd moved to Wales during the war — a lovely, gentle man, great to work with, though sometimes frustrating because he didn't "get" marketing.

"I don't like to brag, Simon," he'd say with a shake of his head whenever I tried to write compelling but honest content for his website.

"It's not called bragging if it's true," I'd reply. "It's called marketing."

You see, in business you have to blow your own trumpet — or in his case, piano — because that's what he mainly sold and taught.

So, here's the deal: you have bragging rights for your business, your product, your service. Not the right to dress it up in nonsense or empty slogans, but the right to honestly say how good it is and what value it brings to your customers.

Here's the crux. If your stuff is good (and you wouldn't be selling it if it wasn't) and it benefits your customers, then you have a duty — yes, a duty — to market and sell it to the best of your ability. If others join in and you end up with a full orchestra singing your praises, brilliant. But it starts with you.

Avoid the empty clichés that sound like bragging without substance — the "We're the best," "We're number one" fluff. Best at what? Number one according to who? That's the kind of thing that made me and my old German friend cringe.

What you need is substance — real toots on the trumpet that carry weight. For example:

- 1,000 five-star Google reviews
- Winner of the XYZ Award 2024
- Voted top restaurant in London by XYZ Magazine
- All jobs completed to our Gold Standard Charter
- Delivered fresh and hot in 30 minutes or less, or you don't pay.

Now that's music people want to hear.

Communicate what's real. Communicate the benefits of your product or service, not just the features. Think of it this way — you're selling the music, not the vinyl. People don't buy records for the disc; they buy them for the feeling, the experience, the tune that moves them.

And remember, if you try to be all things to all people, you'll end up being nothing to anyone. Sometimes the strongest marketing stance is declaring what you *don't* do.

So, what's special about you? About your product or service? If you are the best, what makes you the best? What proof can you show? And what's holding you back from picking up your trumpet?

Here's a shortcut: marketers keep what's called a "swipe file." They collect ads, headlines, and offers that clearly work, then adapt them for their own products. It's not stealing; it's more like buying sheet music. You don't have to compose the song to play a good tune.

Now go and toot, strum, or play your way to success.

You've got this — and I've got your back.

Exercise:

- Write down three solid, evidence-based reasons someone should choose your product or service. These could be results, reviews, awards, guarantees, or unique processes. Keep them short and factual.
- Take one feature of your product or service (e.g. "delivered in 30 minutes"). Now ask yourself: what's the real benefit behind it? (e.g. "You get hot food fast, so dinner is sorted and stress-free.") Do this with three features.
- Find one ad, website, or headline from a competitor or a business you admire. Rewrite it in your voice for your product, keeping the structure but making it authentic to you.
- Mindset check: Look back at what you've written. Is there any logical reason you shouldn't be telling people about this? If the benefits are real and the value is clear, the only barrier is in your head.

The One About the Author

I'm Simon Abbott — a business coach, author, and fellow traveller on the solopreneur journey. Over the years I've worked with entrepreneurs, small business owners, and managers to help them navigate the highs, lows, and everything in between.

But more than titles or credentials, what matters is this: I've been where you are. I know the loneliness of working for yourself, the doubts that creep in, and the juggling act of building a business while still trying to have a life. I also know the exhilaration of breakthroughs, the joy of serving clients, and the pride of seeing your ideas come alive.

Alongside coaching and writing, I'm constantly building and testing new ventures of my own. I've spun out businesses, launched joint ventures, and developed training resources and tools that help people like you work smarter and grow faster. Every new idea I test adds to the real-world lessons I share with my clients and readers — lessons born not just from theory, but from experience at the coalface of entrepreneurship.

That's why I created *Dear Solopreneur* — to give you the support I once wished I had. Think of me as your business buddy in a book: part coach, part mentor, part friend, always reminding you that you've got this (and that I've got your back).

This book isn't about me — it's about you. Your journey, your growth, your dream of building a business that feels right for you. My job is simply to walk alongside you, letter by letter.

The One About Next Steps

Thank you for taking the time to read these letters. I hope they've made you feel seen, supported, and reminded that you don't have to walk this road alone. This is just the start of our journey together — and I'd love you to keep going with me. Here are a few simple ways to stay connected and continue building your business (and yourself) with support by your side.

The One About Your Inbox

If you've enjoyed these letters, don't let this be the end. Make sure you're subscribed so fresh, supportive letters land straight *in your inbox* each week. Because your journey deserves regular reminders that you're not going it alone.

👉 Subscribe at <https://www.dearsolopreneur.co.uk>

The One About Your Tribe

Business doesn't have to be a solo sport. Come and join our subscriber-only Facebook group — a space to swap stories, share wins, and lean on people who truly get it. You've found your tribe... now come say hello.

👉 Join your tribe at www.facebook.com/groups/dearsolopreneurinsider/

The One About Connection

I'd love to connect with you beyond these pages. Find me on LinkedIn — let's keep the conversation going, share ideas, and build connections that make this journey lighter and more rewarding.

👉 Connect with me on LinkedIn <https://www.linkedin.com/in/sithewebguy/>

The One About Books

If you'd like more practical tools and inspiration, head over to my Amazon and check out my first book *Improve Your Business in A Day* — it's packed with quick wins to give your business a real boost.

👉 Get the Book <https://amzn.eu/d/0YX76gi>

The One About Coaching

Sometimes a letter isn't enough — sometimes you need a partner in your corner. That's what coaching is for. Explore my coaching, programmes, and training designed to support you at every stage of your journey over at The Coaching Couch.

👉 Find out more about my coaching business at <https://thecoachingcouch.co.uk>

Keep Moving Forward

Choose one, or better still, all of them. Because the more connected you are, the more supported you'll feel — and the stronger your solopreneur journey will be.



*“Until next time remember
you’ve got this,
and I’ve got your back!”*