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Something I've learned after 4 years as a VA

$$\vec{E} \equiv \hat{z} \frac{I_0}{2\pi a c \epsilon_0} \frac{\sin(\omega t - ka/2)}{(ka/2)} \left[1 - \frac{1}{2} \left(\frac{ka}{2} \right)^2 \right]$$
$$\approx \hat{z} \frac{I_0}{\pi a c \epsilon_0} \frac{\sin(\omega t - ka/2)}{ka} \left[1 - \frac{1}{2} \left(\frac{ka}{2} \right)^2 \right]$$
$$\text{and } \vec{B} \equiv \hat{\phi} \frac{I_0}{2\pi a c \epsilon_0} \sin(\omega t - ka/2) \left[1 - \frac{1}{2} \left(\frac{ka}{2} \right)^2 \right]$$
$$\approx \hat{\phi} \frac{I_0}{2\pi a c \epsilon_0} \sin(\omega t - ka/2) \left[1 - \frac{1}{2} \left(\frac{ka}{2} \right)^2 \right]$$
$$b) W_e = \frac{1}{2} \int \vec{E} \cdot \vec{D} dV = \frac{1}{2} \int_0^{2\pi} d\phi \int_0^{2\pi} dz \int_0^a dr$$
$$\text{Using } \langle \sin^2 \omega t \rangle = \frac{1}{2}$$
$$W_e = \frac{dI_0}{2\pi \epsilon_0 c^2 a^2} \frac{1}{k^2 a^2} \int_0^a dr \int_0^{2\pi} d\phi \int_0^{2\pi} dz$$
$$W_m = \frac{1}{2} \int \vec{B} \cdot \vec{H} dV = \frac{1}{2\mu_0} \int_0^{2\pi} d\phi \int_0^{2\pi} dz \int_0^a dr$$
$$\pi \frac{dI_0^2}{2\pi \epsilon_0 c^2 a^2} \frac{1}{k^2 a^2} \int_0^a dr \int_0^{2\pi} d\phi \int_0^{2\pi} dz$$

PLANNER
Monthly



Working with coaches has taught me that growth does not usually fail because of mindset or motivation.

It fails because of admin overload.

Pain point 1

Everything lives in their head

So many coaches are running their business from memory.

Bookings, follow ups, emails, resources, all mentally tracked.

This leads to missed messages, late replies, and constant overwhelm.

How I help

I move things out of their head and into systems.

Setting up calendars, simple processes, reminders, and documented workflows. Nothing fancy, just reliable and calm.

Pain point 2

Tech that does not talk to each other

Booking tools, email platforms, payments, and CRMs often sit in silos.

This creates double work and things falling through the cracks.

How I help

I connect the dots.

Automations, tags, follow ups,
and tidy contact lists so one
action triggers the next step.
Less admin, fewer mistakes.

Pain point 3

Clients slipping through unnoticed

Late payments, missed sessions, forgotten resources, unanswered questions.

Not because the coach does not care, but because they are stretched too thin.

How I help

I manage inboxes, student or client lists, reminders, and follow ups.

Clients feel supported without the coach being glued to their phone.

What I've really learned?

Most coaches do not need more tools.

They need breathing space.
Support is not about doing everything for
you.

It is about protecting your energy.

If you are a coach who feels like your business runs you instead of the other way around, you are not failing.

Coaches are incredible at supporting others, but often carry their own business entirely in their head.

Admin overload does not mean you are disorganised. It usually means you have outgrown your current setup. Support can be calm, practical, and tailored, not overwhelming.

If this resonated, you are not alone.

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Rossi
PA Services

Virtual Assistance with a Night Owl Twist

