

# business lounge

- connect
- develop
- grow

**An innovative and affordable way for freelancers and entrepreneurs to expand their businesses**

The Business Lounge program features three principal elements:

- **monthly group workshops with guest experts**
- **monthly one-to-one coaching sessions**
- **regular support from other participants through a buddy system and the website**

## **Workshops**

These last two hours, and provide a relaxed and supportive environment for development, planning and network-building. They are divided into two parts.

First, members review the past month, take an overview of their current situation, and set goals for the month ahead.

The second section is co-led by a guest expert, and focusses on a specific subject, like marketing, time management or networking. As well as acquiring information, tips and skills from the expert, members also explore how to overcome challenges they may have in that area.

## **Coaching**

Personal coaching sessions give members an opportunity to focus specifically on their particular needs and challenges.

Sessions last 45-60 minutes. They can be conducted in person at an agreed venue or by phone.

## **Buddies**

Members pair up to work with and support each other in between sessions.

## **Website**

The Business Lounge website at <http://business-lounge.ning.com> works like a social network site. It gives further possibilities for members to interact with each other and access resources. Features include blogging and a discussion forum.

## **Fees**

Membership of Business Lounge is quarterly, and costs £80 per month.

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