



Course Syllabus

Training Sessions:

There are 8 video trainings in this course:

- Session 1: Be Your Own Boss
- Session 2: Key Principles of Self-Management
- Session 3: Own Your Environment
- Session 4: Assemble Your Team
- Session 5: Budget & Operating Expenses
- Session 6: Pricing Structure
- Session 7: Product Analysis
- Session 8: Market Research & Target Audience

These sessions should be watched in order but can be completed at any pace.

Homework:

Each session has a corresponding Action Item assignment. These assignments take the core principles taught in each course and break them down into small, actionable tasks to help keep you accountable to the process. No one can force you to do the work, but I *guarantee* that if you do you will reap bigger rewards and see better results.

In fact, I'm putting my money where my mouth is with this guarantee. At the end of the 8 sessions, you will have an opportunity to submit your work. Everyone who submits all 8 completed assignments will receive a valuable prize!

Additional Resources:

In addition to the trainings and assignments, this course package comes with a variety of additional supplemental resources—including downloadable documents, worksheets, and short video clips to dig deeper into specific principles taught throughout the course. Resources will often be delivered to you along with the video sessions, but you can access the whole library at: **AliciaMarieFay.com/culab-resources**

Final Thoughts:

Feel free to contact me directly with any questions or comments along the way at:

AliciaMarieFay@gmail.com

I'm here to support you and I'd love to be a part of your journey if I can help in any way.