

# Overcoming Stress!

Solutions for new  
business owners

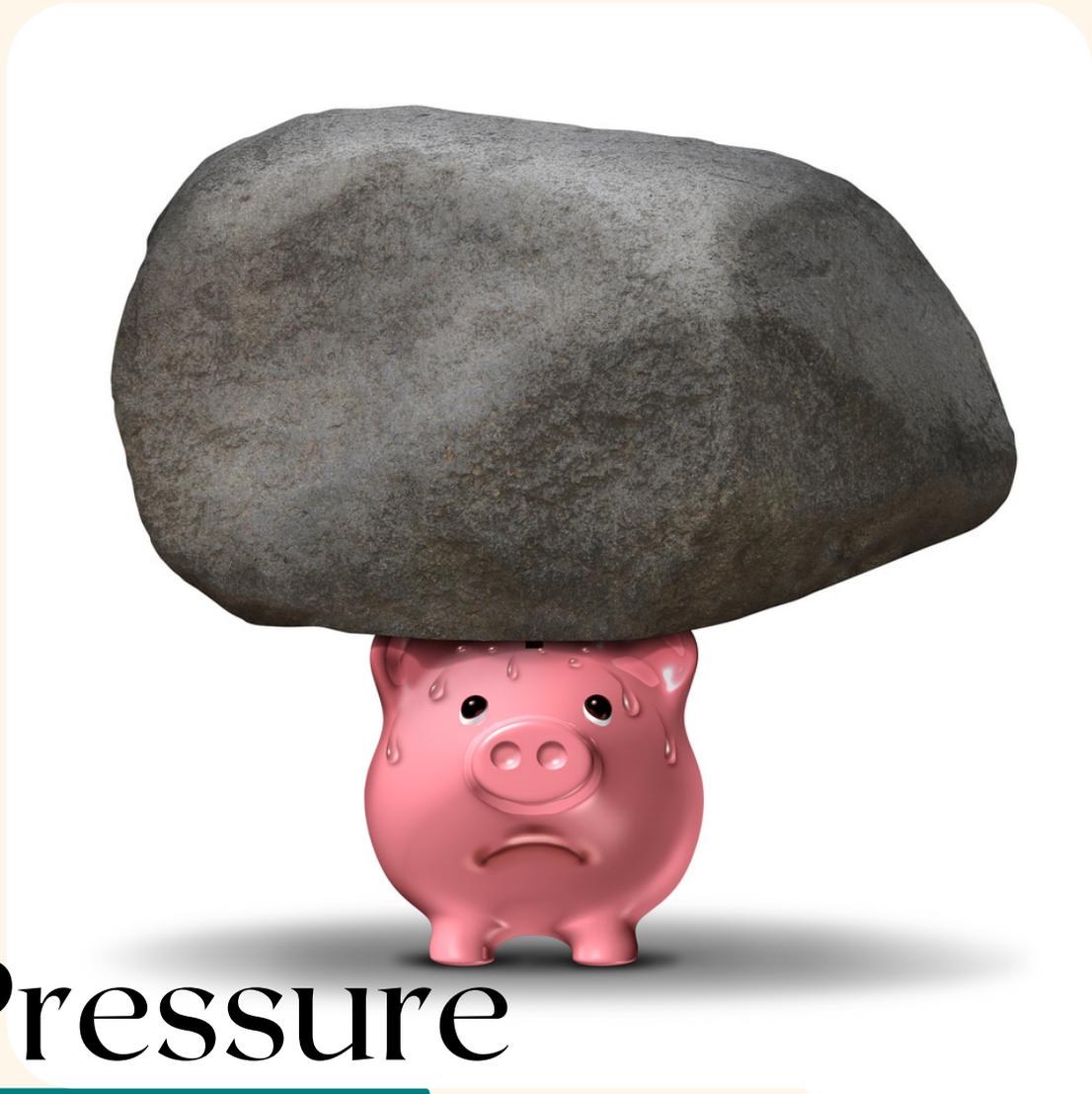


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# Stress Factor 01

## Financial Pressure

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- Create a realistic budget and cash flow forecast, and monitor it regularly.
- Negotiate better payment terms with suppliers or customers to improve cash flow.
- Consider alternative funding options such as business loans, crowdfunding, or partnerships.
- Seek professional advice from an accountant, financial advisor, or business mentor to help manage finances effectively.



# Stress Factor 02

## Time Constraints

- Prioritize tasks based on urgency and importance.
- Delegate tasks to employees or consider outsourcing some tasks to external contractors.
- Use productivity tools and apps to streamline workflows and save time.
- Schedule regular breaks and make time for self-care to avoid burnout.

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# Stress Factor 03

## Employee Management

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- Develop clear job descriptions, policies, and procedures to minimize confusion and disputes.
- Offer regular training and feedback to improve employee performance and satisfaction.
- Encourage open communication and listen to employee feedback and concerns.
- Consider implementing an employee assistance program to help employees deal with personal or work-related issues.



# Stress Factor 04

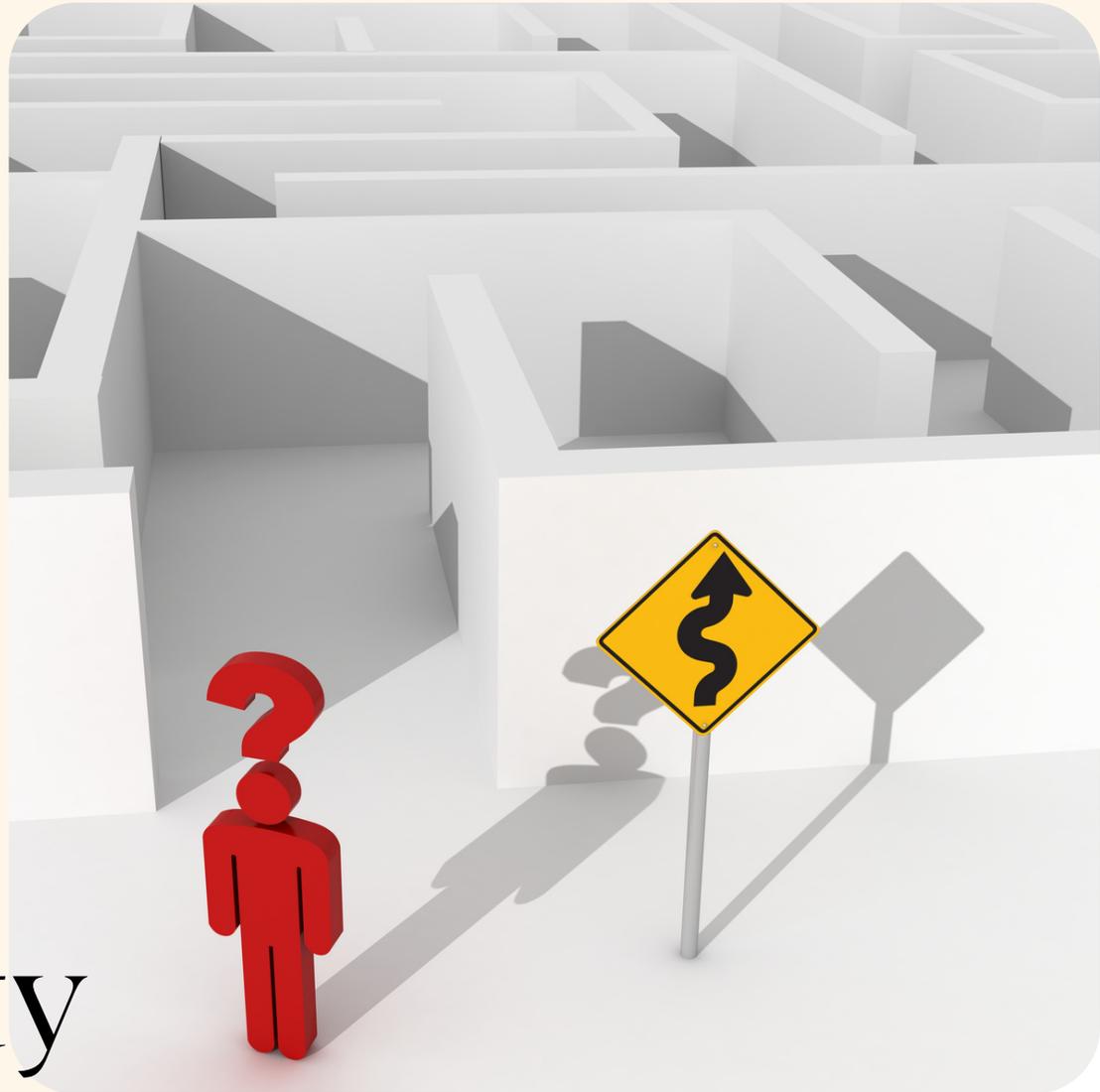
## Competition

- Conduct market research and analysis to identify trends, customer needs, and competitors' strengths and weaknesses.
- Innovate by offering unique products or services, improving quality, or expanding into new markets.
- Develop a strong brand identity and marketing strategy to differentiate from competitors.
- Foster customer loyalty through excellent service, personalized experiences, and rewards programs.

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# Stress Factor 05

## Uncertainty



- Create a contingency plan to prepare for unexpected events such as natural disasters, economic downturns, or supply chain disruptions.
- Stay informed of industry trends and changes in the business environment.
- Diversify revenue streams and minimize dependence on one product or service.
- Build a strong network of partners, suppliers, and advisors who can provide support and guidance during challenging times.

# About Jean



Rhenal Jean Lubao, an expert in online business operations, empowers SMEs to turn their ideas into reality by optimizing their processes and assembling a team of highly skilled professionals who can drive growth and take their business to the next level.

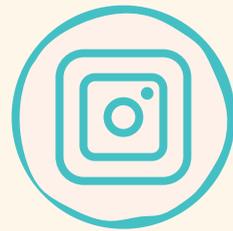
Jean and her team collaborate closely with coaches, speakers, digital marketers, agency owners, and small business owners who are struggling with stagnation and overwhelm in their business journey.

As the founder of **Accelerator Virtual Assistance Solutions and Consultancy**, Jean empathizes with her clients' journey and has developed solutions to expedite their business growth:

- **TMS** (Team Management Solutions) - A comprehensive VA matching and Remote Staff Management Service for small business owners who need assistance in building business assets, assembling a team of high-performing staff, and managing daily operations.
- **OBS** - An Online Business solution tailored to your specific business needs, with an assigned Account Manager to ensure that all tasks are accomplished.
- The **BOSS** Method - A streamlined approach to your business operations, designed to eliminate overwhelm and hurdles in your business journey, allowing you to realize returns on your investment in the shortest time possible.

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