



# 5 Strategies for Entrepreneurs

LEVEL UP YOUR LIFE & LEADERSHIP



[WWW.COLLEENANGELES.COM](http://WWW.COLLEENANGELES.COM)

# Hi there, I'm Colleen

So happy to meet you! If you're a **high performer, starting or growing a business**, or **someone who wants "more" out of life**, this is for you.

The truth is: we're all entrepreneurs in life, initiating new ideas and concepts to adapt and thrive in today's world. So, allow that exciting thought to lift your energy and mindset as you dive into this.

My soul force is a trifacta of 20+ years of business experience, entrepreneurial grit, and a commitment to personal growth.



As an executive coach and business consultant, I'm here to share my expertise and winning formulas to help you level up your life and leadership. The path looks like this:

1. Pursue your **purpose**.
2. Unleash your **potential**.
3. Optimize your **performance**.
4. Move forward from **theory**, to **practice**, to **mastery**.

I hope you find these **5 Strategies for Entrepreneurs in 2022** of value in your personal and professional transformation. I look forward to connecting!

Colleen xx

BUSINESS COACH & CONSULTANT

Learn more about me





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The meaning of life is  
to help others find the  
meaning of theirs.

VIKTOR E. FRANKL  
*MAN'S SEARCH FOR MEANING*

# 5 Strategies

## for Entrepreneurs

# 01

### FIND AN EXECUTIVE COACH

Even high performers hit plateaus. An executive coach can tap into your strengths and help you break through barriers to achieve next level results. Accountability, insight and focus are powerful catalysts to transformation.

### MASTER YOUR MINDSET

Cultivate the superpower to put your mind where you want it, when you want. Develop agency and emotional regulation. Train your brain, use hacks like meditation, pattern interrupts, and energy management.

# 02

# 03

### PRIORITIZE DEEP WORK

Intensely focus on what's most important, crowd out shallow distractions. Practice deep work, start with 30-min increments. Cultivate concentration. Push cognitive capabilities to their limit. Generate new intellectual value.

### INSTALL NEW HABITS

Install (and uninstall) habits via algorithms. Algorithms are formulas that run on patterned behaviors. If X, then Y, then Z. Ex: you wake up, then meditate, then workout. Repeated behaviors (routines) reinforce identity.

# 04

# 05

### ARCHITECT YOUR STRATEGY

A vision without a strategy remains an illusion. Know your why, set goals (distinct from tactics), create a strategic roadmap. A coach can accelerate your ability to close the gap between where you are and where you want to be.

READY TO DO THE WORK?

Schedule a consultation ↪



# About

**Colleen Angeles is a business coach and consultant based in Los Angeles.**

She works with high performers, purpose-driven start-ups and corporations to strategize brand and human performance. A thought leader and expert in marketing, communications and public affairs, Colleen's portfolio spans global brands including Starbucks, lululemon athletica, U.S. Department of Commerce, The White House, and national organizations in mental health, wellness, social justice, and arts & culture. Her soul force is cultivated from her vast business experience, entrepreneurial grit, and a commitment to leadership and spiritual growth. An avid yogi, meditator, athlete, global adventurer, and mentor, she's passionate about living a healthy lifestyle and inspiring others to take their lives to the next level. Her life's mission is guided by Viktor E. Frankl's quote: "The meaning of life is to help others find the meaning of theirs."

Learn more at: [www.colleenangeles.com](http://www.colleenangeles.com).

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