



EDUCATED MINDZ

Decrease stress increase
Profit

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A SUCCESSFUL **CHILDCARE** STARTS WITH



Hi, My name is Dominique and I'm a Childcare Consultant with 15 years experience. I specialize in helping childcare professionals Start, Grow, and Build their Childcare Program.

My love for childcare started back in 2007 as I begin to work as a teacher assistant in our family daycare. Yup that's right I have lived in a daycare since the young age of three years old. My mom started our family childcare organization back in 1999 starting out as a family daycare in our home.

Growing the family business to an High quality childcare organization to multiple location sites serving over 500 families and building a leadership team one person at a time.



Positive Mindset



THINK LIKE A COACH

Forgive the sports metaphor, but it definitely fits the idea of staying positive.

No matter the odds or how bleak a situation appears to be, a coach can never let his team know that he has doubts.



AVOID “What Ifs”

“What ifs” are absolute killers when it comes to cultivating a positive vibe around your business.

Yes, you have to plan for different scenarios at times, but you can’t become obsessed with asking “what if?”



BE HAPPY WHEN YOU WORK

Always keep in mind that you chose your business or your field because you genuinely enjoy it, so be happy while you work.



STAY OPEN MINDED

As an entrepreneur or business leader, you should always be open minded to new opportunities..



STAY FLEXIBLE

On a similar note, it’s important that you stay flexible with everything you do.

There are usually a multitude of ways to get to the same place, so don’t be negative and say “no” to a different idea.



HAVE BIG GOALS

You can’t survive in any industry without having big goals, and you’ll never achieve those big goals without a positive mindset and the belief that you can actually achieve them. Even if your goals are a little too lofty, having them will help your motivation and force you to give yourself daily affirmations that you’re on the way towards reaching those goals.





Self Awareness



IS ENTREPRENEURSHIP RIGHT FOR YOU?

This is a reality check question for anyone thinking about starting their own business. The process can be challenging; long hours, personal sacrifice, financial difficulties, tough decisions and, of course, failure.

Aspiring entrepreneurs need to be self-aware enough to honestly ask whether they possess the skills and resilience necessary to survive and succeed.



LEVERAGE YOUR STRENGTHS

As an entrepreneur, you will probably need to play the role of 'all-rounder' and wear more than one hat on most days. Even so, your time is precious and limited (I keep asking Santa for a 36 hr. day but, year after year, he's failed to deliver), which means that you need to know where you can have the greatest impact.

For this reason, it is absolutely vital that you identify what your strengths are and leverage them as best as you can.



WHAT REALLY DRIVES YOU?

Being self-aware enough to find out what really motivates and drives you is a critical step in any entrepreneurial journey.

What is your vision?

What problem are you passionate about solving?

What legacy do you want to leave behind?

If you cannot honestly answer these questions, you may struggle. How can you ensure that you remain goal-focused unless you truly know what you want? How can you inspire others without having a clear purpose and vision?





Self Awareness



ADDRESS YOUR WEAKNESSES (PART 1)

Being self-aware enough to identify your weaknesses is absolutely critical. Entrepreneurs need to be able to adapt and improve quickly, but in order to do so, they need to know exactly *what* needs to be improved.

In this respect, self-awareness provides entrepreneurs with an opportunity (and a necessary starting point) for self-improvement.



ADDRESS YOUR WEAKNESSES (PART 2)

As your business grows, you will find yourself needing to hire staff. As you do, being self-aware will ensure that you can hire staff who are strong where you are weak.

In the process, self-awareness will enable you to simultaneously fill any 'skills gaps' in your business and build a team with complementary but not overlapping strengths.



BUILDING TEAM AND CULTURE

It is often said that 'team is everything' when growing a business. It is not enough for your team to be individually talented; they also need to work together collaboratively and effectively. The right team culture has to be in place, along with sufficient levels of mutual trust and respect.

EXCERISE

Web Design to write out your goals and create sub categories on your goals and vision





SET SPECIFIC GOALS

Take your list of priorities and turn them into concrete and measurable goals. Block time into your schedule for activities just like you would for an important meeting or a doctor's appointment.



SCHEDULE SCRUPULOUSLY

Successful people plan their work and then work their plan. You have one life, so have one date planner. Whether paper or electronic, this is the vehicle by which you turn your priorities and goals into reality. Set aside 10 to 20 minutes at the beginning of each day (or the night before) to plan your tasks and activities for the day and evening ahead.



TRACK YOUR TIME

Analyzing your present situation is the beginning step in achieving a balanced life. Keep a time log of everything you do for one week, including work-related and personal activities. This data will serve as an eye-opener, helping you understand how you are using -- and where you are losing -- your time.



DETERMINE YOUR PRIORITIES

Spend some time seriously reflecting on what is most important to you, and make a list of your top priorities at work and at home. Then analyze your time audit by asking yourself these key questions: What do I need to Start doing? Stop doing? Continue doing? Do more of? Do less of? Do differently?



Work life Balance





TAKE CARE OF YOUR HEALTH

Your health should always be your No. 1 priority. If you are not in good shape physically, mentally, and emotionally, both your work life and your personal life will suffer. Take care of yourself by eating healthy meals (especially breakfast), exercise at least three times per week and sleep a minimum of seven hours per night. While you may not think you have time to add exercise and extra sleep to your jam-packed schedule, these practices relieve stress, raise your energy level, increase your stamina, improve your mental clarity, boost your immune system, and make you a happier, more engaged, and more productive person. Additionally, refrain from the excessive use of alcohol, tobacco, or drugs to relieve stress. These substances only tend to keep the body in a stressed state and cause even more problems.



ESTABLISH BOUNDARIES

Set fair and realistic limits on what you will and will not do both at work and at home.

Clearly communicate these boundaries to your supervisor, coworkers, partner and family. For instance, you might commit to not working late on certain days unless there is a crisis.

Additionally, set aside a time at home during which you will not check or respond to work-related emails or voice mails.



NURTURE YOUR FAMILY/RELATIONSHIPS

Relationships with family, friends, and loved ones are, by far, the greatest source of inner satisfaction. If your job or career is damaging your personal relationships, both areas will ultimately suffer. Sure there will be days when you will need to work overtime. The issue becomes problematic when these days become the rule, not the exception. By making your personal relationships a priority, your productivity and effectiveness on the job will actually increase.



Work life Balance





EXERCISE YOUR OPTIONS

Many forward-thinking companies today are creating policies and programs that facilitate work-life balance. Find out what options your business offers in terms of flex hours, telecommuting, a compressed work week, job-sharing, or part-time employment. You may find an arrangement that allows you to work more productively, while at the same time cutting stress and freeing-up valuable personal/family time. If your company does not yet have a flexible scheduling program, consider proposing



WORK SMARTER NOT HARDER

Using time more efficiently is an important skill that everyone from the receptionist to the CEO can learn. Adopting the right combination of time-management practices can cut stress and save you up to an hour a day. This can include the use of technology to become more organized, grouping emails and voice messages, avoiding procrastination and learning to say "no."



MAKE TIME FOR YOU

As much as work, health, and relationships take priority in your life, it is also important to schedule time for your own renewal. Indulge in some small pleasure daily. Take at least 30 minutes of uninterrupted "you time." It will do wonders for your well-being, and your relationships and your career will benefit too. Connect with your spiritual source. Belief in God, or a higher power, can be a deep well from which to draw inspiration, guidance, and strength. Setting aside a weekly day of rest can be helpful, as well.



LEAVE WORK AT WORK

Develop a mental on-off switch between work and home. It helps to establish a transitional activity between the two realms. This might consist of listening to music or recorded books during your evening commute, exercising at the fitness center, running errands, or keeping personal appointments. Scheduling such activities immediately following your normal work hours also prevents you from spending that extra twenty minutes at the office which then turns into several hours.



Work life Balance





IMPORTANCE OF DISCIPLINE AND ROUTINES

- Start With A Modest Goal
- Complete The Hardest Assignments First
- Learn How Schedule Your Work
- Get Rid Of Temptations
- Do What Comes Naturally
- Don't Overthink It
- Hold Yourself Accountable
- Write Down Your Progress
- Create Healthy Habits





CHECK OUT

Take information from website
[www. Educatedmindz.com](http://www.Educatedmindz.com)

MENTORSHIP PROGRAM

Childcare Startup University Course
How To Start A Childcare Program

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How To Start, Grow, And Build A Profitable
Childcare Program





Thank you