



## RQE Workshop Catalog

RQE Life & Business Solutions is a holistic business consultancy that helps new and aspiring entrepreneurs improve the quality of their lives through startup business development and mindset transformation.

We offer a catalog of engaging, interactive, educational workshops in our 8 areas of focus and expertise (see bullet points below). The workshops can be customized for length of time (1 hour, 90 min, 2 hours), and can be paired with any other workshops to create a series (which offers a discounted price).

-Coach Jennifer Johnson, CEO & Facilitator

We can also  
customize  
workshops in  
the following  
8 topics:

- Startup Business
- Web Design
- Branding
- Digital Marketing
- Goal Setting
- Planning
- Time Management
- Mindset Transformation

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**Holistic**  
**Business**  
**Consultancy**



## RQE Workshop List

### Focus: Startup Business Development

**SB01**

**From Idea to Launch: The Basics of Startup Business**

**SB02**

**Getting Clear on Your Target Market (& How to Attract Them)**

**SB03**

**Navigating the Paper Trail & Legal Aspects of Startup Business**

**SB04**

**The Price is Right: How to Create a Win-Win Marketing Mix**

For more info & booking: [Jennifer @RQELifeandBiz.com](mailto:Jennifer@RQELifeandBiz.com)

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## RQE Workshop List

### Focus: Web Design & Online Identity

**WD01**

**Developing Your Business' Online Identity**

**WD02**

**Planning the Perfect Website for Your Brand**

**WD03**

**How to Build a Website for Your Brand**

**WD04**

**SEO Strategies to Help Clients Find You Online**

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## RQE Workshop List

### Focus: Branding

**BR01**

**Building an Attractive Brand Your Clients Love**

**BR02**

**Down to the Core: Uncovering Your Brand's  
Mission, Vision, and Values**

**BR03**

**Developing an Authentic Brand Story that Sells**

**BR04**

**Strategies to Increase Brand Awareness**

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**RQE Workshop List**

**Focus: Digital Marketing**

**DM01**

**The Basics of Digital Marketing**

**DM02**

**Using Social Media for Business**

**DM03**

**Using Canva for Digital Marketing**

**DM04**

**Automating Your Business: Using Technology to  
Boost Efficiency**

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**RQE Workshop List**

**Focus: Goal Attainment**

**GA01**

**Developing Your Vision for Success**

**GA02**

**The S.M.A.R.T.E.R. Road to Goal Setting**

**GA03**

**Developing Action Plans that Reach Goals  
More Easily**

**GA04**

**Strategies to Overcome Challenges to Goal  
Attainment**

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## RQE Workshop List

### Focus: Planning

**PL01**

**Organization Skills & Strategies for Success**

**PL02**

**Digital Decluttering: Using Technology to Organize Your Life and Business**

**PL03**

**Networking with Purpose: A Winning Strategy & Follow-Up Plan**

**PL04**

**Planning E-Books & Digital Products for Your Business**

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## RQE Workshop List

### Focus: Time Management

#### **TM01**

**Master The Clock: How to Manage Your Time Like a Pro - Part 1**

#### **TM02**

**Master The Clock: How to Manage Your Time Like a Pro - Part 2**

#### **TM03**

**Strategies to Overcome Common Time Management Challenges**

#### **TM04**

**Time is Money: How to Boost Your Productivity & Revenue**



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## RQE Workshop List

### Focus: Mindset Transformation

#### **MT01**

**Millionaire Mindset: Developing Thoughts, Habits, & Strategies for Success**

#### **MT02**

**How to Effectively Communicate with Others**

#### **MT03**

**Mental Wellness and Healthy Living for CEOs**

#### **MT04**

**From Employee to Employer: The Mindset Shift**

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# A Holistic Business Consultancy



## Startup Workshop Series #1

Recommended for new, aspiring, & redeveloping/rebranding entrepreneurs

### **SB01**

**From Idea to Launch: The Basics of Startup Business**

### **SB02**

**Getting Clear on Your Target Market (& How to Attract Them)**

### **BR01**

**Building an Attractive Brand Your Clients Love**

### **WD01**

**Developing Your Business' Online Identity**

We can also customize workshops in the following 8 topics:

- Startup Business
- Web Design
- Branding
- Digital Marketing
- Goal Setting
- Planning
- Time Management
- Mindset Transformation

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# THANK YOU

*We look forward to working  
with you*



813-735-7646



Jennifer@RQELifeandBiz.com



www.RQELifeandBiz.com



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@RQELifeandBiz



Services Provided Virtually;  
Travel available when needed

