



# MAINE SMALL BUSINESS DEVELOPMENT CENTERS

Feeling stuck?

*5 Steps to move you forward.*

Presented by: Anne Lancaster  
ME SBDC Certified Business Advisor



Funded in part through a cooperative agreement with the U.S. Small Business Administration:





Meet The Advisor

# Anne Lancaster



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**OUTCOMES**

**Process  
Apply Knowledge  
Interactive  
Practice....**

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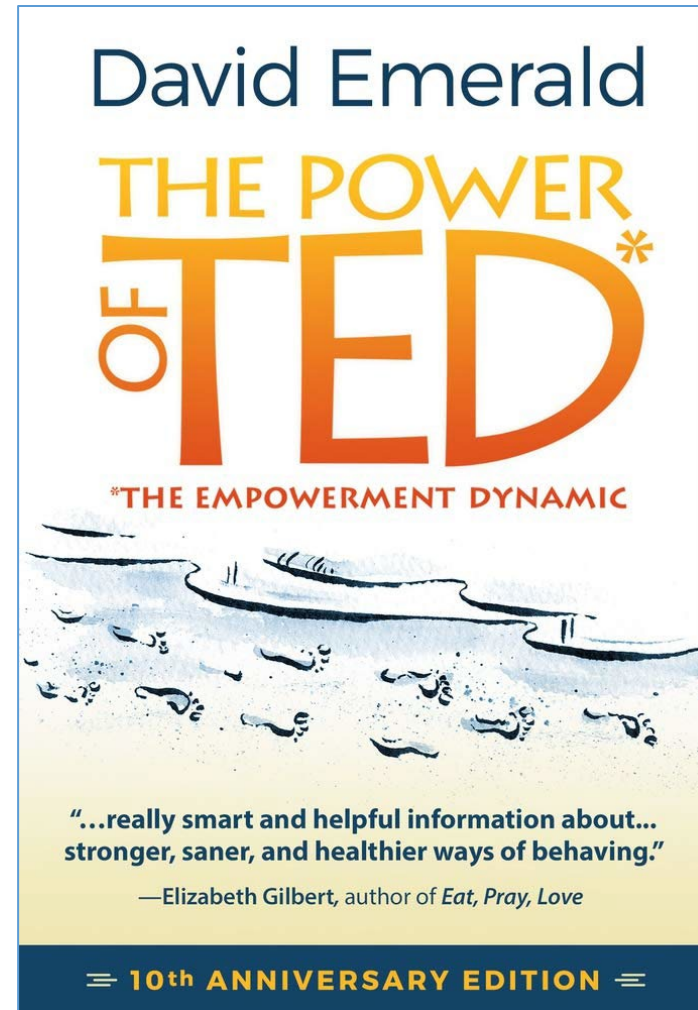


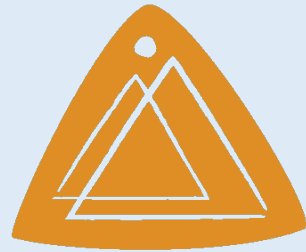
# PROPS

Rubber band  
Paper  
Pen / Pencil



# David Emerald –Creator of the Power of TED\*

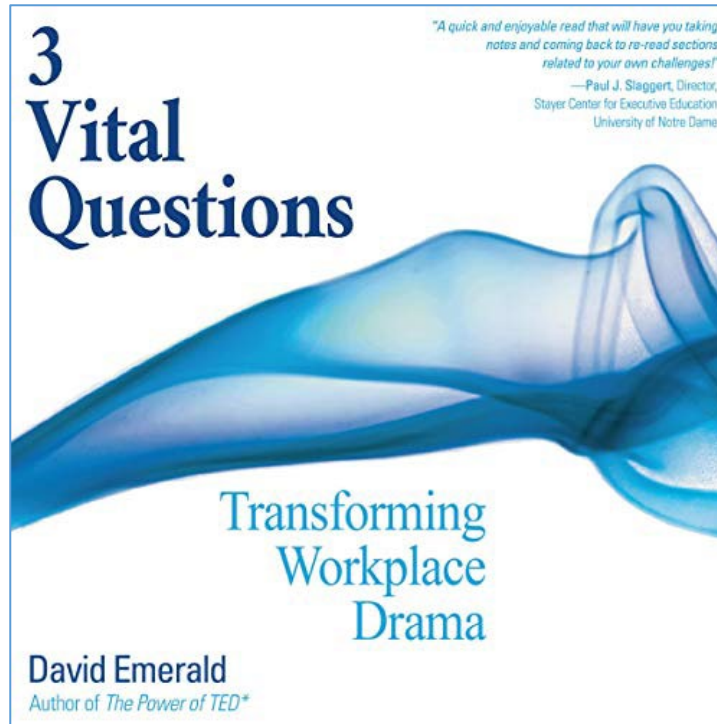




Center for  
The Empowerment  
Dynamic



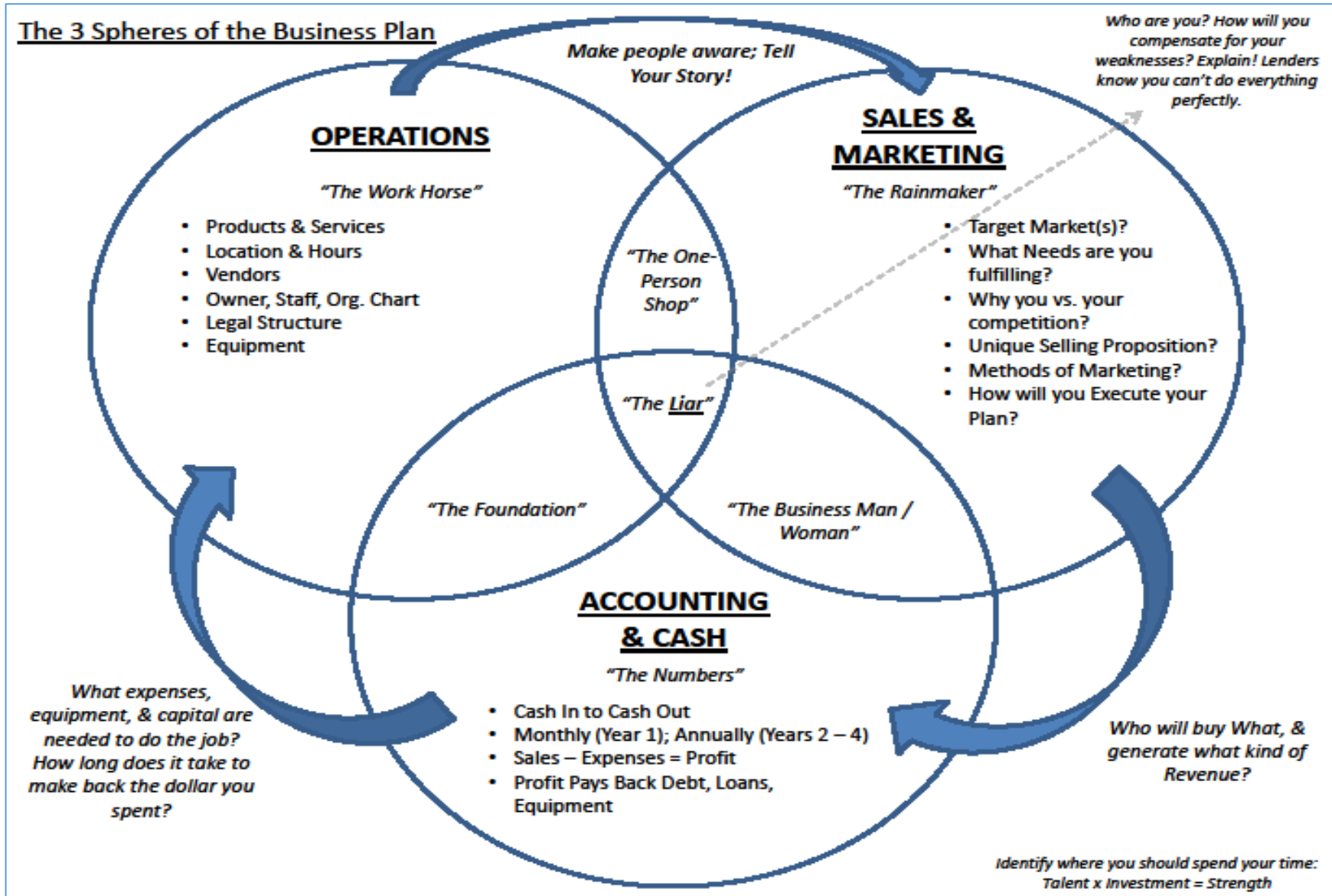
David Emerald



Donna Zajonc

[www.theempowermentdynamic.com](http://www.theempowermentdynamic.com)

# Life of an Entrepreneur

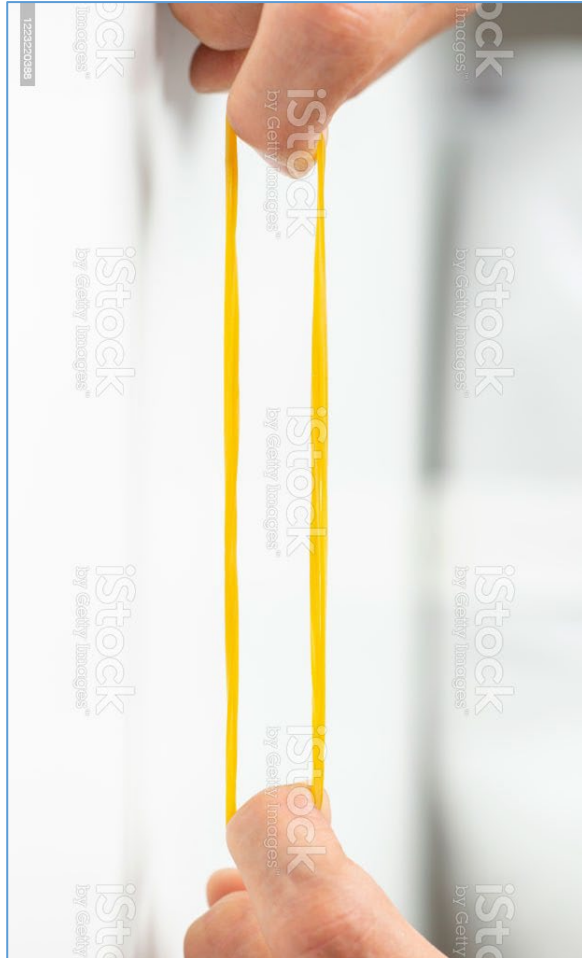




# GROWTH



# TENSION POLL



On a scale of 1-10,  
What is your tension level?



# PROCESS

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# STEP 1

Choose Operations |  
Sales/Marketing | Finances |  
People/HR.....Other?

*What is your current reality?*

*Write down all your thoughts, no  
judgements....*

## STEP 2

*What is your VISION / OUTCOMES?*

*What do you want?*

*What does success look like?*

*What does success feel like?*

*How will you know?*

## STEP 3

Who or what  
**supports** your vision | outcomes?

*Friends, family, colleagues,  
investors.....*

## STEP 4

Who or what  
**inhibits** your vision | outcomes?

*Time, money, you,  
situations....*

## STEP 5

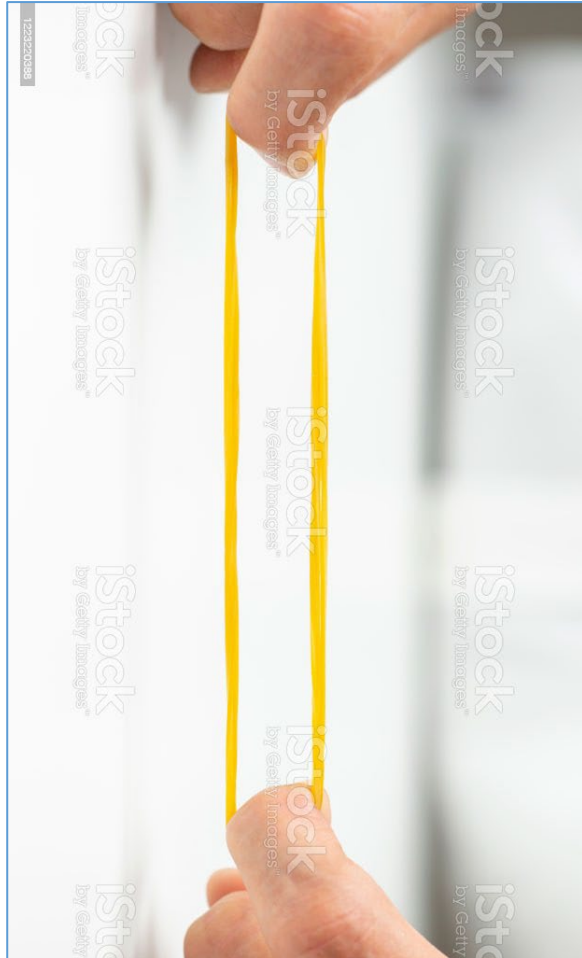
What are 3 next steps you can take to move forward?

By when?

- 1
- 2
- 3



# TENSION POLL



On a scale of 1-10,  
What is your tension level  
now?



**TENSION?**  
**Decrease ? Increase?**  
**? *unstuck?***

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**EXAMPLES?**

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**OUTCOMES**

**Process  
Apply Knowledge  
Interactive  
Practice....**

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? Want more?

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# Questions?

Type your questions in the chat below or "Raise Your Hand" and unmute yourself!



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THANK YOU!

Webinar