

# packfit's shadow & mentorship program

## outline

### *business*

- : identifying your special sauce
- : ultimate & supporting goal(s)
  - : mission / vision
  - : services & programs
  - : logo & branding
- : cyberspace (website, social media)
  - : policies, etiquette, integrity
  - : financial organization
    - : client attraction
    - : content sharing
- : business structure & time mgmt

### *dog*

- : packfit's 4 elements of dog training
  - : core commands & how to teach
    - : core concepts
    - : canine instinctual needs
    - : canine nutrition
  - : dog psychology & human psychology
  - : language of the leash & communication
    - : tools & aids to communication

### *self*

- : self care
  - (personal fitness, stress mgmt, nutrition, relationships, home, career fulfillment, relationship with money, etc.)
- : self exploration & discovery - personal beliefs, blocks, obstacles
  - : identifying personal value system & priorities, & building schedule around this

