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| She Moves Mountains Consulting---NEWS YOU CAN USE! |
| 8/11/2015 |

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| who we are; what we do! |  | In This Issue |

A consultant is defined as a person who provides expert advice and help professionally. A business consultant is an experienced professional who provides expert knowledge to the business for a fee. They typically work in an advisory capacity. She Moves Mountains Consulting are individual and small business consultants who specialize in areas of admin support, organization, event planning, research, social media, real estate, and more!

# What is a consultant?

by Heather Schulman

Essentially, if you have a small company, you do not have to hire someone full-time. You could hire a consultant who specializes in the nature of these types of projects. Please ask for a “short list” of the various projects and tasks we can do!

Who we are; What we do

She Moves Mountains can help you to increase your productivity and decrease your stress levels!

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* Sandwich? As in generation: We can help!
* I’m a \_\_\_\_\_\_\_\_ (insert your title) and I don’t have time to \_\_\_\_\_\_\_\_\_\_\_ (insert activity).

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PREZI LINK AVAILABLE UPON REQUEST

Call Heather:

678.387.7382

### Sandwich? As in generation: We can help!

By Heather Schulman

You are a mom or dad, aren’t you? You have a mom or dad, don’t you? At this point you are pretty sure that I’ve misplaced some of my brain cells. Well yes, I am sure I have but that is an entirely new topic. The better question is, have you? Are you overwhelmed with the laundry list of chores and errands you have to complete every day? Do these errands involve caring for the basic needs of both your parents and your children? A recent article by the University of Florida Department of Family and Consumer Sciences made note of the responsibilities that many adults face when juggling the care of their parents and their children. Do any of these sound familiar?

* Running kids to sports practices
* Picking up prescriptions for mom/dad
* Taking dad to an appointment
* Planning parties or events for your teenager
* Handling care for both while you take a trip out-of-town

There is absolutely NO shame or guilt in looking for ways to manage the stress of these and other activities. Call or email us for more information. Rate sheets emailed upon request!

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| Contact Heather at: -shemovesmountains@gmail.comher cell at: 678-387-7382, or on social media! |

I’m a \_\_\_\_\_\_\_\_ (insert your title) and I don’t have time to \_\_\_\_\_\_\_\_\_\_\_ (insert activity)!

by Heather Schulman

*I am a mother of 3. I am a stay at home mom but I run errands all day. I could use some help organizing my garage for a spring yard sale. Can you help?*

*I am a new business owner. I am looking to open my brick and mortar store soon. I need some PR. Can you advise me?*

*I am new to the metro Atlanta area. I need some guidance on where to go for all sorts of things from attractions to doctors to schools and more. Can you help?*

*I am a self-employed professional. I can’t see my desk because of all the clutter. I need organization in my life asap! Can you help?*

YES! Fortunately we can! Having a wide range of skill sets affords us the ability to meet all sorts of needs. Minoring in project management has certainly not hurt either! Between real estate, event planning, errand running, market research, PR, relocation advice, admin support,and more…I believe we have it covered!

**Next issue**: 1. A little history about houses. 2. The top improvements to make to your home so it’ll sell faster. 3. Unique places to hold your event.

Call Now! 678.387.7382