



# **Startups Entrepreneurship Mental Health**







# The Journey

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**The Lead in**

**The move**

**The first job**

**The pivot**

**Shark Tank**

**Techstars**

**Present day**



# 7 Things I've Learned in 7 Years at Startups





# Liberate

**Trying is  
cool**






**Connections are  
game changing  
in business**





A low-angle, upward-looking photograph of several tall palm trees against a bright blue sky filled with soft, white clouds. The perspective makes the trees appear to converge towards the top of the frame, creating a sense of height and aspiration. The fronds of the palm trees are detailed and show some natural aging and color variation.

**Leap and the  
net will appear**



# You can't pour from an empty cup





**Talk less,  
listen more**





**It's easier to  
build from  
abundance  
than from  
scarcity**





# Be kind







# The Now

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**Try hard**

**Connect**

**Take the leap**

**Refuel**

**Talk less, listen more**

**Choose abundance**

**Be kind**



# Thank You

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