



# Startups Entrepreneurship Mental Health





# The Journey

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**





**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

**Try hard**

**Connect**

**Take the leap**

**Refuel**

**Talk less, listen more**

**Choose abundance**

**Be kind**

# Thank You

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