



Quick Start Mentoring With Frank Thompson

Program Overview

The overarching function of the quick start program is by definition: To get started quickly!

It is imperative to begin with the end in mind. And, since the objective is to have a quick start, we must be mindful to not out think ourselves when getting started. Our goal is simple to understand, but not easy to do: **“How Do I Get Started”**

Working with Frank Thompson, as a mentor on the Quickstart program, you will be guided through the basic, primary and foundational steps needed to launch an effective HealthRHYTHMS program. While many of the steps and processes will be intuitively obvious and seem very simple, they are often very difficult to think through and complete. In addition, they usually take a significant amount of unexpected time and effort.

During this mentorship you and Frank will focus on seven primary areas:

- Finding a location
- Vehicle needs, access and egress
- Rhythm Gear and Instruments
- Frequency & Duration
- Skill Practice
- Advertising and Marketing
- Pricing and Value

Each of the areas will include a “Study Packet”:

- Worksheet(s)
- Links to articles and supportive reading materials
- Examples from successful existing programs

Completion of the study-packet will provide the structural data, goals and measurable framework for an effective mentorship collaboration and the successful launch a new HealthRHYTHMS program.