

CATAPULT PROGRAMS

We offer four educational programs to help entrepreneurs grow their businesses. There are two ways to get involved: participating & facilitating.



OFFICE HOURS

Questions answered by a pro in an informal lunch gathering



12:00 - 1:00 PM



FREE
Members only



Select
Mondays



Pizza

 Sample topics: Legal, Insurance, Accounting
3-month formal mentor program also available

LUNCH & LEARN

1 hour training on a specific topic



12:00-1:00 PM



Member: \$10
Non: \$20



Select
Wednesdays



Lunch provided

 Sample topics: Twitter, One-page business plan, Business pitching

#3

SEMINARS

2-3 hour in-depth training on a specific topic



Afternoons



Members: \$15
Non: \$25



Select
Wednesdays



Snacks &
Beverages

 Sample topics: Excel, Quickbooks, Photoshop

CO.STARTERS

9 week business planning course



6:00-9:00 PM



\$125-\$500



See website
for next date



Snacks &
Beverages

 Guest speaker topics: Marketing, Legal, & Accounting

TWO WAYS TO GET INVOLVED

1. Participate

2. Facilitate



See website:
catapultlakeland.com/programs



See below

STEPS TO FACILITATING



Pick a date



Pick a time



Pick a topic



Name the
workshop



Create a brief
description &
learning
outcomes



Help promote

TIPS



Make it interactive



Provide handouts



Provide additional
resources



Email all information to Meg:
meg@catapultlakeland.com