

Spotlight on AT ONE, More grants, Register for Ask a Lender and more

6 messages

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Spotlight on AT ONE LLC More Grants, Register for Ask a Lender, Capability statement and more...

Success Story: AT ONE LLC

Since Stefanie was a teenager, she has been passionate about helping others improve their overall health. When she was 13, her father had a life-threatening heart attack. He was told he could only hope to live for one year. "He decided to do everything in his power to challenge the odds by doing what seemed impossible. He changed his life, including diet, exercise, and stress management," shares Stefanie. "The outcome was that he lived 18 more years! It was evidence that behavior change made a real difference in the quality and length of one's life," she adds.

That experience changed his life—and Stefanie's.

"I realized the connection between behavior, mindset, health, and longevity – the quality of life," she recalls. "I was very intrigued with the mind-body connection and the ways we need to continue to move and create health in our lives. I decided to become a psychologist who focused on health." With hard work and determination, Stefanie became a doctoral-level trained psychologist, a public health epidemiologist, a medical researcher, and a medical yoga therapist.

She works with individuals and organizations to improve health outcomes through behavioral change. Her work begins when help is beyond the reach of medications and surgeries. "The key to a healthier life is making behavioral changes," she says.

Stefanie uses her expertise to teach people living with chronic conditions techniques they can use to achieve the best quality of life and work. She also helps clinicians and organizations transform the lives of their clients, residents, employees, and customers through professional development training. "My goal is to help people see the need for new health habits and translate their health goals into actionable steps leading them to better health," she explains. "By taking these steps, clients learn to sleep better and reduce stress and pain to experience a healthier life."

In 2017, Stefanie launched **AT ONE LLC** and stepped into a President and Founder role. Now, she's learning how to integrate her decades of knowledge into business ownership—a challenge for someone in the healthcare field. "After incorporating in 2017, I spent the first couple of years focused on researching my market position,



piloting programs, and conducting assessments to see what services would be viable. My expertise is not in business. Everything I needed to do to move forward involved business skills and knowledge,” she admits.

In 2022, she joined the Entrepreneurial & Women’s Business Center’s (EWBC) Small Business Technical Assistance Program, where they helped with important elements of her business, like designing her website. “They offered the exact kinds of programs I needed: How do you start your business? How do you do your finances? It’s not only the courses but also the business advising I found helpful,” she says.

Stefanie is grateful for her involvement with the EWBC. “They’ve provided me with a skillset and support and mentorship,” she says. “If you’ve never done something like starting your own business, having people walk with you is tremendously valuable.”

[Read Full Story](#)

Join us at The TechLab!

How to Write a Capability Statement: Hands-on Support *IN PERSON*

Wednesday, May 17; 4:30-6:30pm

Presenters: Ishrat Nazmi & Yu-Han (Jamie) Yang, CT APEX

A well-written capability statement is a key tool when responding to government agency and prime contractor bids. During this workshop, you’ll write a “government-friendly” statement that covers key areas and highlights your company’s capabilities and differentiators. Representatives from the DAS Supplier Diversity Certification Unit, EWBC, and CT District SBA will also be available to assist you.

[Register Here](#)

The Content Club @TechLab

Mondays, May 15 & 22; 4-6pm

Presenter: Antwaine Debnam, Capri Media Company

As a business owner, you are focused on the daily operations of your business in addition to promoting it to new customers. Social media offers an inexpensive marketing tool that helps build trust, generate leads, develop relationships, and improve client conversion. However, there are so many platforms with different features, how do you choose where to spend your time?

This club will help you streamline the process of making bulk video content and teach you quick and easy ways to post that content on multiple platforms. Every month, we’ll help you create a month’s worth of content!

We strongly recommend taking Make a Video for Your Business first.

[Register Here](#)



Make a Video for Your Business, Parts 1 & 2

Mondays, June 5 & 12; 4-6pm

Presenter: Antwaine Debnam, Capri Media Company

Learn how to use our video equipment and green screen to create a short video about yourself and your product or service. For week 1, bring your 30-second elevator pitch and we’ll create the video. In week 2, you’ll learn how to edit your video and add different backgrounds.

[Register Here](#)

TechLab classes meet at the 224 EcoSpace, [224 Farmington Avenue, Hartford.](#)