



SEASON 1 EPISODE 4

Rocket Your Time Back: How Virtual Assistants Can Transform Your Business and Life

Chapters

00:00	Introduction to Sphere Rocket and Its Impact
02:14	Justin's Entrepreneurial Journey and the Birth of Sphere Rocket
06:51	The Importance of Virtual Assistants in Business
10:39	Determining the Right VA for Your Needs
14:28	The GoPro Method: Analyzing Your Time
18:41	Leveraging VAs for Personal Life Management
22:16	Using VAs in Corporate Settings
26:24	Sphere Rocket's Unique Offerings and Benefits
29:55	The Process of Hiring and Training VAs
34:06	Real-Life Success Stories with VAs
37:52	Final Thoughts on Empowering Women Through VAs

Summary

In this episode of the Women Who Rise podcast, Heather Mansy interviews Justin Nelson, founder and CEO of Sphere Rocket, a company specializing in providing virtual assistants (VAs) to help entrepreneurs and busy professionals manage their workloads. Justin shares his entrepreneurial journey, the importance of leveraging VAs for business growth and personal life management, and how Sphere Rocket differentiates itself by offering comprehensive support and training for both clients and VAs. The conversation emphasizes the potential of VAs to enhance productivity, reduce burnout, and empower women in their professional and personal lives.

Key Takeaways

1. Justin Nelson founded Sphere Rocket to help entrepreneurs leverage virtual assistants.
2. VAs can significantly reduce burnout and increase productivity for business owners.



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3. The GoPro method can help identify tasks to delegate to VAs.
4. It's essential to start with small, manageable tasks when hiring a VA.
5. VAs can also assist with personal life management, not just business tasks.
6. Sphere Rocket offers unique support and training for both clients and VAs.
7. Hiring a VA can be a cost-effective solution for busy professionals.
8. Women can empower themselves by utilizing VAs to balance work and family life.
9. The opportunity cost of not hiring a VA can be significant.
10. Sphere Rocket's approach focuses on long-term success and client satisfaction.

Sound bites

"The fact that you're deserving to have some leverage and some time back in your life does not take away from the fact that you can still do it... but it doesn't mean that you should."

"We all know you can do it, right? But it doesn't mean you should. Just know there's affordable options out there."

"If you had in your head that, 'I got to wait till I make this amount of money,' usually with VAs we're able to reduce that time and goal down quite significantly."

"Entrepreneurs can come in any package and from any life experience and have any idea."

"You exemplify someone that literally just had the optimism and self-belief to go for it."