

Living & *aging well*

How to
Stay
Healthy
while
Caregiving
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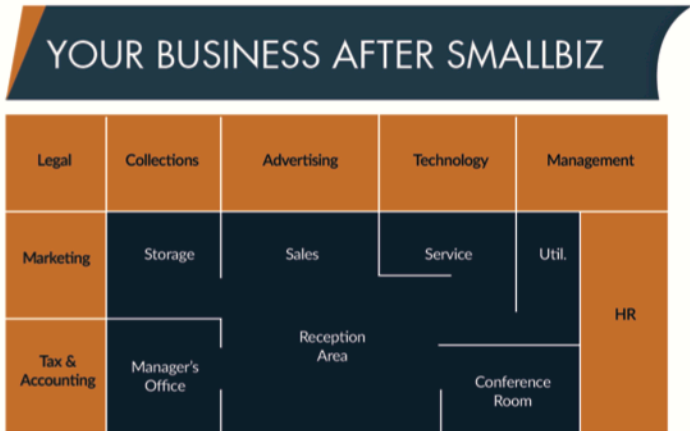
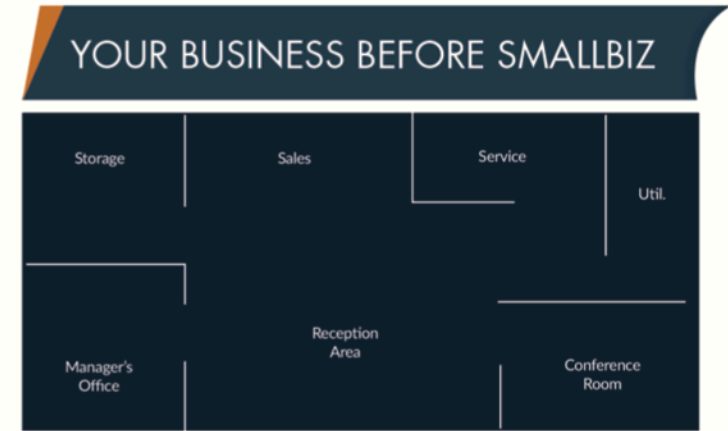


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Are You Building or Burning Relationships?

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Unless one lives as an outcast in the middle of nowhere, relationships are unavoidable. In order to live a productive life, we must build productive relationships with people around us. People gather based on similarities, affinities, needs, industries, affiliations and such. Starts with family, the people who know you from the day you were brought into this world. Then childhood friends and school mates transition to co-workers and neighbors with who you spend days, weeks and years sharing time and space. There're also romantic relationships and casual relationships with people you service and those who service you.

Time investment and emotional intensity is going to depend on the relationship level. Unlike with family members, you have the ability to choose friends and people to whom you'll like to associate with. Every relationship is based on a need and fulfillment of that need. Emotional needs lead to deep and affectionate relationships, the need to love and be loved. Familiar relationships with friends, meet the need of acceptance and support. Business related relationships meet financial needs and casual relationships meet the need to socialize and relate.

Building such relationships require time and energy investment and depend on the clarity

of communication among individuals. Burning relationship bridges is not hard to achieve when people fail to find respectful and considerate ways to communicate and resolve conflict. Because individuals also share differences, relationship differences are bound to happen. Irritation, conflict and disagreements shall be expected and also have levels of intensity. How those circumstances and feelings are handle is what makes the difference between building and burning relationships through your lifetime.

During the “Building or Burning Bridges” Women’s conference, Pastor Tami Ward from Discovery Church shared 10 tips to build strong relationships with your loved ones and peers. Ward also shared that a genuine approach, clear communication and not attaching your peace to the outcome of the relationship, can build emotional and spiritual maturity as well as stronger relationships. “Peace is the absence of internal drama,” shared the women’s Pastor. Tami also shared the importance of taking responsibility for your actions and responses. Participants at the round table discussion agreed that avoiding a passive aggressive and an alienating tone is important. Other best practices shared included, avoiding letting offense stay in your heart, living by faith and giving grace as God gives it, are also tool to build stronger relationship bridges.

10 Tips for Building Strong Relationships

1. Carefully meditated before agreeing to any commitments, “Just because you can, it doesn’t mean you should”
2. Set healthy boundaries and be aware of other people’s boundaries
3. Use “I feel” when sharing your thoughts
4. Figure out and communicate your needs clearly “I need”
5. Care for yourself well so you can care well for others

6. Recognize your value as a child of God
7. Learn to forgive and do it quickly, it avoids resentment, bitterness and keeps you moving forward
8. Let God work on people’s lives, be an agent of faith not

judgement

9. Use your words to encourage, coach and bless others
10. Take a good inventory of who and what is influencing your life

Although conflict might at times be present in relationships, focusing on the good aspects and attributes of your relationships can help ease the burden. Choosing to keep your peace does not mean that abusive and disrespectful communication is acceptable in any circumstance. It means that you give others the benefit of the doubt, take time to put yourself in their place and grant the same understanding you would like to receive when you are the one who messed up. Easier said than done, yet with enough discipline is possible to achieve.

“Finally, brothers and sisters, rejoice. Become mature, be encouraged, be of the same mind, be at peace, and the God of love and peace will be with you. 2 Corinthians 13:11

How To Eliminate Bad Debt In Your Small Business

“He knows not his own strength that hath not met adversity.”
- Cesare Pavese

It's true: many growing companies need to take on some amount of debt to fund growth. But debt at exorbitant interest rates is obviously “the wrong kind” of debt. And choosing the wrong kind of debt for your business (or having too much debt) can be a killer to your business' lifespan and success. So, what is the “wrong” kind of debt to amass in business? The following would make the list:

- * Credit card debt
- * Car-dealership vehicle loans/leases
- * Personal loans at high rates (including “debt aggregation” services)
- * A high mortgage balance

But in reality, the wrong kind of debt should be thought of as any debt that is either not necessary -- or which could be refinanced at terms which are more favorable. To remove bad debt from your business, you must

plan to systematically review every outstanding loan ... and try to find a way to either pay it off (without compromising growth, of course), or refinance it at a lower rate. It will take time to organize your debts and search for alternative options that are more attractive for your business, but it will pay off in the long run. If you have expensive debt (such as credit card balances), you should work to determine what other financing options are available to your business. If your company is profitable -- or is showing strong signs of coming profitability -- it's likely that lenders will work with you to refinance at a lower rate. And a tip: don't think of this as a “favor” they are doing for you. Rather, think of it as good business for the lender. These financial

companies are in business to make money from loans. If you bring a good credit history and a viable business record to them, they'll seriously consider lending you money at better terms and getting you out of the unnecessarily high payments you're making. Doing so will make your company all the more profitable.

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Cancer Caregivers Risk Burn Out

by Coach Yamira Lee “Mira” Johnson

Medical research has greatly advanced through the years, providing more options and improving effectiveness at the time of diagnose and treatment. Still, cancer patients and their caregivers are bound to deal with exhausting treatments, time consuming medical appointments and nerve wrecking expectancy to see treatment results. Becoming a cancer patient's care giver can be an emotionally charged situation. In many instances the spouse, a close family member or friend takes on the mission of becoming a support system for a loved one enduring cancer. According to National Cancer Statistics in 2014 an estimated 14.5 million cancer patients live beyond a cancer diagnosed and a rise to 19 million is expected by 2024. Allowing for increase hope equally among patients and care givers.

Who takes care of the Care Giver?

\$125 billion were reported in 2010 for cancer care cost, predicting a \$156 billion rise by 2020. That's not including if that patient has at least one caregiver, their loss wages, time invested, travel and emotional

distress. When proper self-care takes last place, care givers run a high risk of burn out. That's because is not easy to complaint about one self, if the person in front of you is feeling sick discouraged and frustrated with their health and drastic life changes. Leaving the care giver internally carrying heavy emotions, physical fatigue and in some cases financial burdens.

The Capture the Moment Cancer Education Symposium, was designed by the Mayo Clinic as part of their efforts to assist cancer patients and caregivers in finding tools and resources to understand their roles during and after treatment. During the Symposium, Dr. Edward T. Greagan shared important facts to help caregivers and family members keep balance between their support to others and self-care. Dr. Greagan encouraged attendants to review their circumstances and evaluate burnout symptoms, in order to find the right steps to endure treatment and enjoy survivorship. “Stress will kill us if we don't addressed it”, also shared Dr. Greagan.

Here are some symptoms to look out for...

Insomnia- Sleepless nights can trigger health and behavioral issues.

Lack of sleep is also directly linked to brain function, heart health and chronic fatigue.

Mood Swings- For the reasons mentioned above, good intentions and frustration tend to collide among family members caring for an ill loved one. Deep and conflicting emotions can trigger mood ups and downs. If not handled appropriately mood swings can create friction in relationships.

Lack of Concentration- A cancer diagnosis is a real game changer. Becoming forgetful or distracted is another behavioral change found among caregivers, as they wonder how to adapt to changes in schedules, finances and lifestyles.

Velocity of information- Patience is a virtue, so they say. Cancer treatment effectiveness is directly impacted by time investment. Unknown effects of treatment and waiting for test results can cause unhealthy levels of anxiety.

Burnout- The need for Self-care can easily be forgotten while caring for a Cancer Warrior. Leaving a good intended caregiver fatigued and exposed to discouragement.

How to Stay Healthy while Caregiving

Stay active – Keeping a simple exercise routine can make a big difference in keeping physical and mental health on check. Walking and Pilates are great low impact ways to stay active. Carve at least 20 minutes three times a week or more.

Set Boundaries – Saying no to someone who's sick might be interpreted as a selfish act. When a caregiver fails to identify the areas where they can be helpful and areas of limitations, they set themselves for failure. Be sure to responsibly commit to avoid disappointment.

Restore sleep – Our bodies need rest for optimized brain function, muscle health and overall health. Be sure to establish a healthy sleep routine that includes, at least 7 to 8 hours of sleep. Keep your bedtime and rise time consistence to improve rest time.

Time alone – In order to endure the demands of caregiving, having personal time is a healthy must. Prayer, meditation and time alone provide necessary space to process daily stress and rest from

required obligations. As you set time to care for yourself choose activities that can help you fill your emotional, physical and spiritual tank.

As advised by safety guidelines while traveling by airplane: Get the oxygen mask on first, then you'll be able to better help out thy neighbor.

For more Cancer Survivorship and Care resources go to www.mayoclinic.org/florida

Photo by Emily Sea on Unsplash

How Caterers Stay Relevant in Florida's fast growing Food Industry

By Coach Yamira Lee "Mira" Johnson

An Estimated 21 million people call Florida their home state and 72 million visitors were reported during 2017. Parks like Disney, Universal and Lego Land attract families to enjoy their vacation time as people from all over the world come to Florida expecting to have a magical time. Ranking the Sunshine state as one of the top places in the nation for vacation, corporate conference hosting and relocation.

The Florida Restaurant Association and the Florida Restaurant & Lodging Association reported in 2017 an estimated \$41.7 billion in restaurant sales. A steady growth influenced by people from all over the world. Food service establishments must stay on top of their game if they want to stay relevant and compete to please visitors and locals. However opening a restaurant is not the only way to secure a spot in Florida's food industry.

Offsite Catering is also an effective way to serve the great demand for good food packed with multicultural flavors and diverse cooking techniques. Food services account for 12% of employment in the state, and is projected to grow in 2018 to 15.4%.

Whether is a restaurant offering catering services or a standalone Chef/Food Manager, catering services face fierce competition in Florida.

How can caterers stay relevant and compete?

ezCater, a based in Boston Massachusetts, marketplace for corporate catering services nationwide. Shared their 'secret sauce' to success with a selected group of Central Florida caterers. The ezCater team, hosted an informative workshop and social network with expert speakers at the East End Market located in Corrine Drive, Orlando.

The ezCater team, invited local restaurant and catering professionals to share their experiences and best practices, followed by an instructive Q & A. Concluding the evening with a spectacular spread of appetizers and drinks as well as jovial fellowship at the relaxing East End Market outdoor garden.

Kerry Montgomery, Director of Business Development Caterer Partnerships, served as moderator for the speaker panel. Effective booking, back end software and efficient packaging systems were some of the biggest concerns shared by seasoned and novice caterers attending.

When asked about securing new clients, panelist Bobbie Brinkerhoff, Tijuana Flats Tex-Mex Catering Sales Manager, shared the importance of understanding your menu well. "Knowing your menu allows for flexibility to meet client's catering needs and still win, over the competition" stated Bobbie. Brinkerhoff, also shared her old school technique of consistently knocking on virtual 'doors' (email, phone) by sharing their menu and services with prospects.

Since food can suffer changes during transportation and set up, another concern that came up was the delivery process. Chef and owner of Creative Catering & Events Aaron Butler, addressed the importance of training the delivery team, so they can represent your brand properly. Speakers and attendants agreed that the delivery experience can break or extend a relationship with a client.

Other topics discussed were the importance of client call backs and follow ups, as well as leading the work place by caring for the work team, which in return will care for customers.

In addition to the marketplace solutions that serve over 60,000 caterers around the nation, ezCater rolled out new resources that include a private store and ezManage software to support business management processes for caterers and easy solutions for corporate catering services.

Photo by Michael Browning on Unsplash

Feel Good Pancakes

1 egg or substitute 1 tablespoon of ground chia seeds (soak in $\frac{1}{4}$ water and let it sit for 5 minutes)

$\frac{1}{4}$ cup almond flour

$\frac{1}{4}$ cup almond milk

1 tsp honey

1 tsp. almond extract

1 $\frac{1}{2}$ tsp butter or substitute with 1 tsp coconut oil

2 tsp crushed almonds

$\frac{2}{3}$ cup berries

*Chia seed are also a great way to boost your metabolism
Grease pan, mix ingredients, leave almonds and berries for last. Pour mix on hot skillet and flipped when edges start browning, about 2 minutes per side. Enjoy with maple syrup.



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Sweet potato, Ground Turkey & Spinach Super Bowl

2 large sweet potatoes, washed and peeled
¼ cup grapeseed oil
2 teaspoons of fresh rosemary
4 cups of washed and dried fresh spinach
2 garlic cloves chopped
2 cups of shredded chicken breast or 2 cups of portabella mushrooms
½ cup organic vegetable broth
2 teaspoons of chopped and toasted cashews
Salt & Pepper

Cook sweet potatoes in a wok or large saucepan with vegetable broth until cook, yet firm. Set a side. Add chicken and sauté chicken once is no longer pink, add rest of ingredients and reintegrate sweet potatoes. Continue to sauté, serve in a bowl and top with crunchy onions and avocado.

Simple Blueberry Oatmeal Smoothie

¼ cup instant oatmeal
8 ounces cashew milk
¼ fresh blueberries
1 tsp. flax seeds
2 scoops protein mix (optional)
Blend well, drink and enjoy!



Photo by Sharon Chen on Unsplash



Come visit the library's Cuisine Corner to learn how fun and easy cooking can be!

Registration required.

Space is limited. Register online at ocls.info or please call 407.835.7323.

Empanadillas

Presented by



**WEDNESDAY
JUNE 13, 6:30 P.M.
ORLANDO PUBLIC LIBRARY
CYPRESS ROOM**

Discover how to make tasty empanadillas. Yamira Lee Johnson, Head Chef and founder of Breaking Bread with Mira and Certified Holistic Life Coach, will demonstrate how to make empanadillas. Similar to an empanada, empanadillas are lighter and baked.

For more information about Breaking Bread with Mira, please visit facebook.com/breakingbreadwithmira.

Any person requiring special accommodations to participate in any class or program due to a disability may arrange for assistance by contacting the location at least seven days prior to the event. Tell us what you think! Help shape the programming at your local library. Fill out a survey at oclsinfo/survey



Gym Germs 7 ways to stay healthy at the Gym

Source: Consumer Reports

Gyms establishments provide much needed resources to nurture health and strength. They can also harvest deadly and highly contagious bacteria. When sick people share equipment or the cleaning process at the gym leaves a lot to be desired, dangerous germs and bacteria grow and spread. Leaving users at risk of catching dangerous infections.

According to Consumer Reports about 2 out of 100 people can carry the deadly MRSA bacteria in their bodies. In 2017 a local fitness facility in Orange County faced a dangerous spread of Legionella bacteria, customers at two facilities tested positive to a severe form of pneumonia, called

legionnaires disease.

That's not a reason to avoid the gym, it's a motivator to be aware of your surroundings and hold gym facilities accountable for caring about their client's health and safety.

Here are 7 easy steps to avoid catching or spreading disease while at a gym facility.

- Hand & Soap- Be sure to wash your hands before and after workouts. If water and soap are not available use hand sanitizer and avoid touching eyes, nose and mouth with unwashed hands.
- Use alcohol based products to wipe down mats, benches and machine handles.
- Place a towel between skin and workout equipment.
- Use band aids to cover any skin cuts, burns, scrapes while working out. If possible apply triple antibiotic before and after work outs. Be sure to shower as soon as you are done with your work out, keep gym clothes away from clean areas in the house.
- Avoid sharing water bottles, towels, mats, bar soaps and razors.
- Awareness is your friend, if bathrooms, water fountains are filthy, or there are no cleaners and paper towels available, let the administration know so they can correct the issue ASAP.
- Follow this simple steps and Stay Healthy!

Take away stress with a good soak!

Soreness and inflammation have different intensity levels. Soaking in the bath tub can provide soothing results and can help relax after a good work out or a long day at work. What are the best products to soak?

Prevention magazine breaks down the most popular products to get soaked on...

Bath Bubbles- Relaxing in a bubble bath can engage body, mind and soul. Bubbles have a way to improve your mood and can moisturize skin. Just stay away from bubble bath products that have harsh fragrance and endocrine disruptors like parabens and carcinogens. Always read the labels.

Epsom Salt- Magnesium sulfate is traditional muscle soother, can relieve cramps and relief stiff joints. Since it can dry out skin, Diabetic patients shall avoid using on their feet to reduce risk of infection.

Salt & Sugar scrubs- Great way to exfoliate and reveal smoother skin and clean pores. Use in moderation as they can also dry skin and worsen irritation.



Cooking with Kids



Presented by



**TUESDAY
MAY 29, 4 P.M.
EATONVILLE
BRANCH**

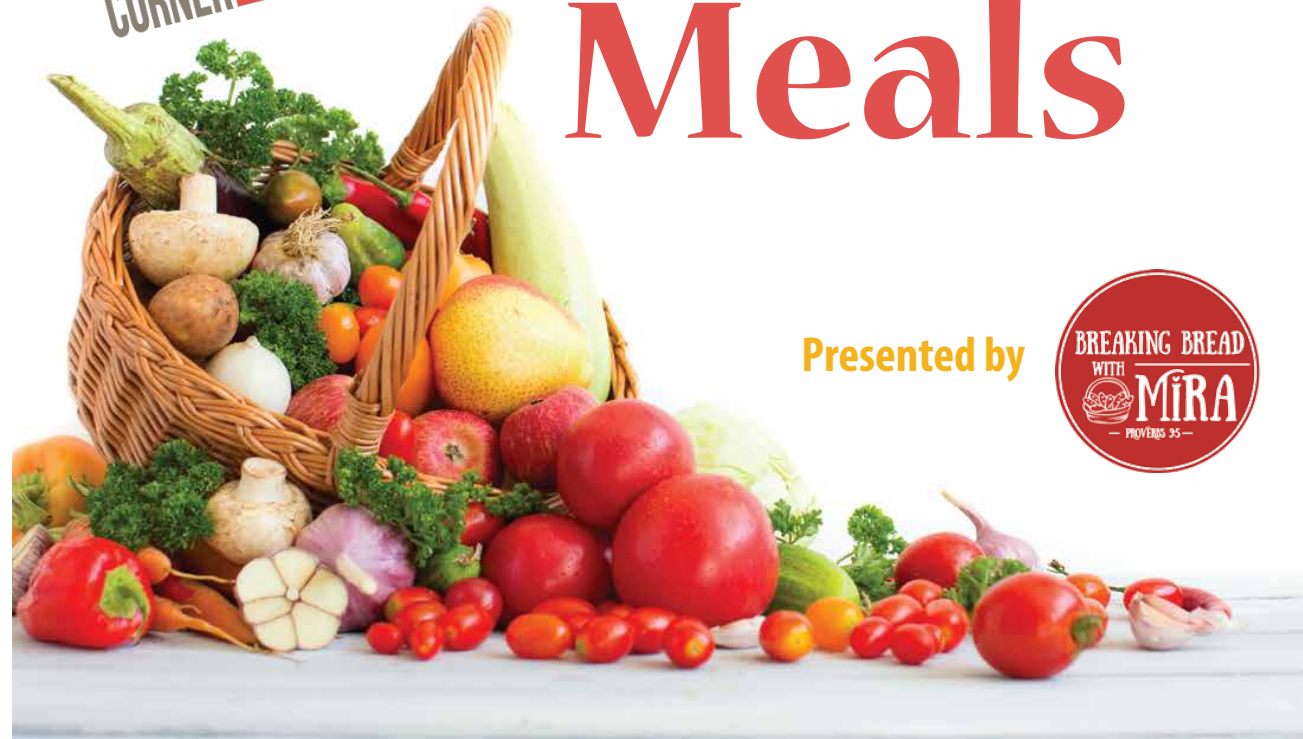
Get the kids involved with meal preparation with a kid friendly cooking demo. Yamira Lee Johnson, Head Chef and founder of Breaking Bread with Mira and Certified Holistic Life Coach, will demonstrate recipes that are fun and delicious.

For more information about Breaking Bread with Mira, please visit breakingbreadwithmira.com.

Space is limited. Registration required.
Register online at ocls.info or please call 407.835.7323.



Summer Meals



Presented by



SATURDAY
JUNE 9, 11 A.M.
ORLANDO PUBLIC LIBRARY
CYPRESS ROOM

Beat the heat with a summer friendly meal. Yamira Lee Johnson, head Chef and founder of Breaking Bread with Mira and Certified Holistic Life Coach, will demonstrate how to make a delicious easy packed lunch to go. For more information about Breaking Bread with Mira, please visit www.breakingbreadwithmira.com.

Space is limited. Registration required.
Register online at ocls.info or please call 407.835.7323.

Any person requiring special accommodations to participate in any class or program due to a disability may arrange for assistance by contacting the location at least seven days prior to the event. Tell us what you think! Help shape the programming at your local library. Fill out a survey at ocls.info/survey



How to Survive Summer



Travel Vacations

Photo by takahiro taguchi on Unsplash

Secure your vessel

If you are driving make sure your vehicle has been checked for standard maintenance, calculate route, traffic and include a fuel budget for the trip. Keep roadside assistance contact information, insurance and registration within reach. Keep valuables secured in the trunk of your car. If you are flying or sailing make sure you have tickets, ID's, passports and all auto and lodging reservation information.

Prepare traveling easy to carry snacks for the trip. This will keep you from unnecessary stops due to sudden hunger attacks, especially when traveling with kids and elder individuals. Choose high protein and fiber content snacks and slow burning carbs keep to keep you fueled and energized. Include water and refreshments in your traveling kit.

Make a list emergency contacts and any medications needed and make sure they are refilled to meet the length of the trip.

Stay connected

Keep electronics charged with traveling cords and batteries.

Keep them busy

Be sure to bring kids entertainment accordingly to their age and needs. Blankets, Toys, books, pencils, tablets, movies and such. Be ready to sing songs for the kids and tell stories to keep them from boredom. Also share with them best practices like; contact with strangers, trip to the bathroom and paying attention to where the adults are going.

Pack effectively

Use your packing space wisely. Most airlines have extra fees for luggage and space can be challenging in rental cars. Be sure to choose appropriate clothing for the weather at your vacation destination. Sort and have a check list when packing for toiletries, underwear, outfits and such. Unless you are able to wash and dry in your trip, include a plastic bag for dirty laundry in your suitcase. If traveling to cold weather pack chop stick and hand and feet warmers. If going to the tropics, include sun tan lotion and moisturizer.



rest before heading to your destination. Share with your traveling companions your expectations in regards to how challenges are going to be handled and the purpose of the trip, whether is pure fun, family gathering or even work.

Stay in Budget

Keep track of expenses and stay within your budget. Vacations are meant to give you a break from your daily routine and responsibilities. Avoid overspending and acquiring debt during vacation, so you don't have to spend the rest of the year paying for it.

Pet friendly traveling

If you are traveling with pets, for their own safety make sure to bring their leash, blanket and crate. Also pre portion and pack their food and snacks in plastic storage bags. This will avoid measuring on the road or even risking their food getting wet. Just to be safe include preventive flea and tick medications to avoid infestations on the road.

Mental Preparedness

Winter weather can make traveling volatile, be prepared for delays and cancellations, having the right expectations can avoid traveling disappointments. Try to get a good work out in and



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Unleashing Latino-Owned Business Potential,

New Report from the Aspen Institute
Latinos and Society Program

November 30, 2017

Recommendations identified for scaling latino-owned businesses
Contact: Haili Lewis
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Washington, D.C. November 30, 2017 --Latino Americans are starting businesses at three times the rate of the general population thus playing an important role in driving US economic vibrancy through their outsized contribution to new business creation. However, Latino-owned businesses (LOBs) fail to scale in size and revenue at the same rate of other businesses, presenting an opportunity gap of \$1.38 trillion for the US economy. In order to address the untapped potential of LOBs and its cascading effect on the wider economy through unrealized economic growth, the Aspen Institute Latinos and Society Program released the report *Unleashing Latino-owned Business Potential*.

The report emanates from the Aspen Institute Forum on Latino Business Growth, a convening of 27 cross-sector leaders and stakeholders. It identifies key challenges and solutions to scaling Latino-owned business (LOBs), specifically those

with the potential of reaching \$1 million or more in revenue, a group of businesses that is often overlooked. Focusing on fundamental business needs as well as overarching recommendations for improving the ecosystems within which LOBs operate, the report offers collective knowledge and solutions in order to help stakeholders, influencers and decision-makers take informed actions to help accelerate the pace at which LOBs grow, scale, and, ultimately, succeed.

To view the launch discussion live starting at 12:00pm ET go to:

<https://www.aspeninstitute.org/events/report-launch-unleashing-latino-owned-business-potential/>

To read the report go to:

<https://www.aspeninstitute.org/publications/unleashing-latino-owned-business-potential>

A selection of the key recommendations are as follows:

FUNDAMENTAL BUSINESS NEEDS		
	Needs	Solutions
Accessing Capital for Growth	Increased access to capital, specifically "right sized" capital in the form of equity, debt, or a combination thereof that matches the needs of LOBs at various stages in their growth cycle.	Re-direct large pools of capital already in the market towards equity investments in high-growth LOBs; Research and develop relevant and fair credit requirements for LOBs; Invest in the Community Development Financial Institution (CDFI) sector so it can make more capital available to underserved businesses.
Increasing Access to Procurement Opportunities	The ability to access and capitalize on important procurement and supply chain opportunities that foster growth.	A technology-driven platform that gives both suppliers and buyers access to reviews of service, thus garnering greater exposure for tested and reliable LOBs; Increasing transparency of the procurement process, including reducing the cost, through group licensing, to online hubs that house procurement announcements through group licensing.
Business Training and Education	The availability of relevant, culturally competent, and convenient business training and education for different sectors and growth stages.	Conduct a needs assessment of Latino business owner training and education needs in order to design and implement more responsive and sector- and scale-specific interventions to meet the growth potential of LOBs.

ECOSYSTEM DYNAMICS	
Power and Influence	The inability of Latinos, despite their increasing numbers, to influence or exercise power in ways that would help facilitate LOB growth.
Narrative and Brand	Unhelpful stereotypes and negative narratives about Latinos and the nature of LOBs that prevent gatekeepers, lenders, and clients from seeing the capacity and potential of LOBs.
Networks and Mentors	Opaque and exclusionary systems, both formal and informal, that facilitate business opportunities, are often difficult for Latino business owners to access and navigate.

"When you bring 27 diverse experts, leaders, practitioners, and stakeholders together in a retreat setting with carefully moderated dialogue, as we did this summer, you get surprising and creative results. Not only did it generate this report which uplifts a complex set of challenges and solutions to help more Latino businesses grow and flourish, but it also led to new relationships, collaborations, and the incorporation of the ideas generated into the participants' work" said Monica Lozano, Chair of the Aspen Institute Latinos and Society Program.

"When a community is approaching 30% of the population, as the Latino population is, increased attention on ensuring their success becomes a shared national imperative. The good news is that Latinos already represent outsized levels of business creation. Just imagine what they could do if their true potential was recognized and fomented? This report identifies ways to capitalize on existing Latino potential and remove barriers that prevent greater growth and success for the economy as a whole" said Abigail Golden-Vazquez, Executive Director, Aspen Institute Latinos and Society Program.

The report launch will feature Monica Lozano, Chairman of the Aspen Institute Latinos and Society Program, Hector Barreto, Chairman of the Latino Coalition, Alejandra Y. Castillo, CEO of YWCA USA, Gary Cunningham, President and CEO of Meda (Metropolitan Economic Development Association), and Jean Horstman, CEO of Interise. Watch the panel discussion here at 12pm ET.

The Aspen Institute Forum on Latino Business Growth and this report was made possible through the support of Surdna Foundation, Ricardo Salinas Foundation, Woody and Gayle Hunt Family Foundation, Bank of America Charitable Foundation, Target, Comcast NBCUniversal Telemundo, Edison International and the Carnival Corporation. In addition, Verizon helped to make the launch event possible.

Further Online Information

To continue the conversation, please tweet @AspenLatinos and @AspenInstitute using #LatinosAdvance

The Aspen Institute founded the Latinos and Society Program in 2015 to provide a place for Latinos and non-Latinos to learn about their shared future and jointly explore solutions to the challenges of our time. Its vision is to foster a more informed citizenry and promote the engagement of all people in securing a prosperous and inclusive future for America. This policy program convenes diverse

audiences and subject matter experts to advance three important policy areas, civic participation, economic advancement and educational opportunity. The program is also connecting a pipeline of Latino leaders to Institute programs, fostering collaboration, and strengthening their networks. To learn more, follow

@AspenLatinos, or visit AspenInstitute.org/policy-work/latinos-




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