



Side Hustles To bring in Extra Income



The
Center for
Family Resolution, LLC

Need extra income to pay for the CARE Co-Parenting Program? We can help! You may end up with more income than you know what to do with and unlock an on-going income stream 🔑

There are 4 main ways people pay for the program

- Current or revised budget – what category can you pull from in your current budget?
- Go Fund Me or other personal investment program – who loves you and wants to help support your healing with a monetary gift or loan?
- Create a side hustle – short term extra income to cover the monthly program cost
- Credit - Paypal credit or credit card – use existing or new credit to cover the cost

Also check 7figuresapp.com/loans to apply for financing (does not hit credit report)

Why is the program priced as a high-ticket offer?

- Amy's signature program reflects 40 years of experience in adult learning and 15 years working in the field of high-conflict co-parenting.
- Change requires a new mindset as well as a new skillset. Less expensive programs do not call forth the change in thinking that is required for success in this program. This is an investment in yourself, your kids and your bright future.

Choosing a side hustle:

What interests or skills can you bring to a side hustle? How much time can you devote to earning extra income? What can you do with your child / children to earn income? Who do you know that can help you get started?

1. Freelance Writing

→**Skills Needed:** Writing, editing, research; SEO knowledge is optional but valuable.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, internet, and writing tools (Google Docs, Grammarly).

→**Schedule:** Flexible; work anytime that fits your routine.

→**How Long to Get Up and Running:** 2–4 weeks to build a portfolio and set up profiles on platforms like Upwork or Fiverr.

→**How to Build the Service:**

- Create a portfolio with sample articles or blog posts.
- Join freelance platforms and pitch to clients.
- Offer competitive pricing to build initial testimonials.

→**Resources:** [Freelance Writing for Beginners \(YouTube\)](#)

Platforms: [Upwork](#), ProBlogger.

→**Income Potential:** \$20–\$100/hour or \$500–\$2,000/month.

2. Virtual Assistant (VA)

→**Skills Needed:** Organization, communication, admin skills; familiarity with tools like Asana or Google Workspace.

→**Time Commitment:** 10–20 hours/week.

→**Supplies Needed:** Computer, internet, scheduling software.

→**Schedule:** Flexible but often aligns with business hours.

→**How Long to Get Up and Running:** 1–3 weeks to identify your niche, set rates, and apply to VA platforms like Belay or Upwork.

→**How to Build the Service:**

- Offer admin help to small businesses or busy professionals.
- Advertise on LinkedIn and specialized VA job boards.
- Use your first few clients to build case studies and testimonials.

→**Resources:** [How to Become a Virtual Assistant \(YouTube\)](#).

Platforms: [Belay](#), [Time Etc.](#)

→**Income Potential:** \$15–\$50/hour or \$600–\$2,000/month.

3. Online Tutoring

- Skills Needed:** Subject expertise, teaching ability, and patience.
- Time Commitment:** 5–10 hours/week.
- Supplies Needed:** Computer, webcam, internet access.
- Schedule:** Afternoons or evenings to fit students' availability.
- How Long to Get Up and Running:** 1–2 weeks to sign up on tutoring platforms like Tutor.com or advertise locally.
- How to Build the Service:**
 - Register with platforms like Chegg Tutors or Wyzant.
 - Offer specialized services, such as test prep or language instruction.
 - Collect positive reviews to increase visibility.
- Resources:** [How to Start Online Tutoring \(YouTube\)](#)
Platforms: [Tutor.com](#), [Wyzant](#).
- Income Potential:** \$15–\$40/hour or \$600–\$1,600/month.

4. Pet Sitting/Dog Walking

→**Skills Needed:** Love for animals, responsibility, basic pet care knowledge.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Leash, waste bags, and basic pet supplies.

→**Schedule:** Mornings, evenings, or weekends.

→**How Long to Get Up and Running:** 1–2 weeks to set up profiles on Rover or advertise locally.

→**How to Build the Service:**

→Create profiles on Rover or Wag!

→Advertise services in your community or on Facebook groups.

→Offer initial discounts to attract first-time clients.

→**Resources:** [Dog Walking for Beginners \(YouTube\)](#)

Platforms: [Rover](#), [Wag!](#)

→**Income Potential:** \$15–\$25/hour or \$300–\$1,000/month.

5. Selling Handmade Crafts

→**Skills Needed:** Creativity, crafting (e.g., jewelry making, knitting, woodworking).

→**Time Commitment:** 10–15 hours/week.

→**Supplies Needed:** Craft materials, tools, packaging supplies.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 2–4 weeks to create inventory, photograph products, and set up an online shop.

→**How to Build the Service:**

→Set up a store on Etsy or Shopify.

→Use social media platforms like Instagram or Pinterest for promotion.

→Offer seasonal or personalized items to increase demand.

→**Resources:** [How to Sell on Etsy \(YouTube\)](#)

Platforms: [Etsy](#), [Shopify](#).

→**Income Potential:** \$50–\$1,000+/month depending on sales.

6. Social Media Manager

→**Skills Needed:** Familiarity with social media platforms (Instagram, Facebook, TikTok); basic graphic design skills (Canva or Adobe Creative Suite); scheduling tools like Hootsuite.

→**Time Commitment:** 10–20 hours/week.

→**Supplies Needed:** Computer, internet, social media management tools.

→**Schedule:** Flexible, but requires consistent posting schedules for clients.

→**How Long to Get Up and Running:** 3–6 weeks to build a portfolio and pitch to small businesses.

→**How to Build the Service:**

→Manage social accounts for friends or nonprofits to build experience.

→Offer services to small businesses or solopreneurs.

→Use freelance platforms like Fiverr or Upwork to gain clients.

→**Resources:** [Social Media Management for Beginners \(YouTube\)](#)
Tools: [Hootsuite](#), [Canva](#).

→**Income Potential:** \$500–\$2,000/month depending on clients.

7. Driving for Uber or Lyft

→**Skills Needed:** Safe driving, navigation, and good customer service.

→**Time Commitment:** 10–20 hours/week.

→**Supplies Needed:** Reliable car, insurance, smartphone.

→**Schedule:** Flexible; evenings and weekends are busiest.

→**How Long to Get Up and Running:** 1–2 weeks to sign up, complete background checks, and vehicle inspections.

→**How to Build the Service:**

→Sign up through the Uber or Lyft app.

→Focus on peak hours for better earnings.

→Keep your vehicle clean and professional to encourage tips.

→**Resources:** [Uber Driving Tips \(YouTube\)](#)

Platforms: [Uber](#), [Lyft](#).

→**Income Potential:** \$15–\$25/hour or \$600–\$2,000/month.

8. Delivery Driver (DoorDash, Instacart, etc.)

- Skills Needed:** Navigation, organization, and customer service.
- Time Commitment:** 5–15 hours/week.
- Supplies Needed:** Car, smartphone.
- Schedule:** Flexible; evenings and weekends see the highest demand.
- How Long to Get Up and Running:** 1–2 weeks to sign up, get approved, and begin deliveries.
- How to Build the Service:**
 - Sign up for platforms like DoorDash, Instacart, or Uber Eats.
 - Deliver during peak times to maximize income.
 - Track expenses for tax deductions.
- Resources:** [Delivery Driving Tips \(YouTube\)](#)
Platforms: [DoorDash](#), [Instacart](#).
- Income Potential:** \$10–\$25/hour or \$300–\$1,000/month.

9. Photography

→**Skills Needed:** Basic photography skills, understanding of lighting, and editing software (e.g., Lightroom, Photoshop).

→**Time Commitment:** 5–10 hours/week.

→**Supplies Needed:** Car, smartphone.

→**Schedule:** Flexible but may require weekends for events.

→**How Long to Get Up and Running:** 2–4 weeks to build a portfolio and advertise services.

→**How to Build the Service:**

→Offer free or discounted shoots to friends to build a portfolio.

→Advertise locally and on social media.

→Sell stock photos on platforms like Shutterstock or Adobe Stock.

→**Resources:** [Photography Business Tips \(YouTube\)](#).

Platforms: [Shutterstock](#), [Adobe Stock](#).

→**Income Potential:** \$100–\$1,000+/month depending on clients and photo sales.

10. Blogging

→**Skills Needed:** Writing, SEO, and content marketing.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Website hosting, domain, and computer.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 4–8 weeks to set up a blog, create content, and start promoting.

→**How to Build the Service:**

→Choose a niche (e.g., travel, parenting) and create quality content.

→Monetize through ads, affiliate marketing, and sponsorships.

→Build an audience by promoting your blog on social media.

→**Resources:** [Blogging Basics \(YouTube\)](#).

Platforms: [WordPress](#), [Bluehost](#).

→**Income Potential:** \$100–\$10,000/month depending on traffic and monetization.

11. Seasonal Decorating

→**Skills Needed:** Creativity, knowledge of seasonal trends and aesthetics, organizational skills, and basic crafting abilities.

→**Time Commitment:** 5–15 hours/week during peak seasons (holidays, weddings, special events).

→**Supplies Needed:** Seasonal decor items (lights, wreaths, ornaments, table settings), crafting tools, and a vehicle for transportation.

→**Schedule:** Flexible, but weekends and evenings may be preferred by clients.

→**How Long to Get Up and Running:** 2–4 weeks to gather supplies, build a portfolio, and advertise locally.

→**How to Build the Service:**

→Start by offering services to friends and family to gain experience and photos for a portfolio.

→Advertise your services on Facebook Marketplace, Instagram, or community boards.

→Specialize in high-demand areas such as holiday home decorating, corporate seasonal displays, or event-specific decor.

→Partner with event planners or local businesses to expand your reach.

→**Resources:** [Seasonal Decorating Business Tips \(YouTube\)](#)

Platforms: [Thumbtack](#), [Facebook Marketplace](#).

→**Income Potential:** \$200–\$2,000+/month depending on the scale and number of projects.

12. House Cleaning Services

→**Skills Needed:** Basic cleaning skills, attention to detail, and good time management.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Cleaning products, vacuum cleaner, mop, and other tools.

→**Schedule:** Flexible; mornings or weekends often preferred by clients.

→**How Long to Get Up and Running:** 1–2 weeks to gather supplies, set pricing, and advertise locally.

→**How to Build the Service:**

→Advertise on platforms like TaskRabbit, Facebook Marketplace, or local boards.

→Offer discounted first-time cleanings to attract initial clients.

→Build long-term relationships for recurring work.

→**Resources:** [Starting a Cleaning Business \(YouTube\)](#)

Platforms: [TaskRabbit](#).

→**Income Potential:** \$20–\$50/hour or \$500–\$2,000/month.

13. Freelance Graphic Design

→**Skills Needed:** Proficiency in Canva, Adobe Illustrator, or Photoshop; creativity and visual storytelling skills.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, graphic design software.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 2–4 weeks to create a portfolio and start pitching to clients.

→**How to Build the Service:**

→Offer free or low-cost designs to build a portfolio.

→Advertise on Fiverr, 99designs, or LinkedIn.

→Expand services to include logo creation, social media graphics, or posters.

→**Resources:** [Graphic Design for Beginners \(YouTube\)](#)

Platforms: [Fiverr](#), [99designs](#).

→**Income Potential:** \$20–\$100/hour or \$500–\$5,000/month.

14. Online Courses or Workshops

- Skills Needed:** Expertise in a specific topic, teaching skills, and presentation ability.
- Time Commitment:** 5–10 hours/week.
- Supplies Needed:** Computer, microphone, and video recording tools.
- Schedule:** Flexible; participants often engage on their schedule.
- How Long to Get Up and Running:** 4–8 weeks to design and record course content.
- How to Build the Service:**
 - Choose a niche topic and outline your course structure.
 - Record videos and host the course on platforms like Teachable or Skillshare.
 - Promote the course through email marketing or social media ads.
- Resources:** [How to Create Online Courses \(YouTube\)](#)
Platforms: [Teachable](#), [Skillshare](#).
- Income Potential:** \$100–\$2,000+/month depending on sales.

15. Affiliate Marketing

- Skills Needed:** Content creation, SEO, and digital marketing.
- Time Commitment:** 5–15 hours/week.
- Supplies Needed:** Blog or social media accounts, affiliate accounts.
- Schedule:** Flexible.
- How Long to Get Up and Running:** 2–4 weeks to join affiliate programs and create promotional content.
- How to Build the Service:**
 - Choose a niche and sign up for affiliate networks like Amazon Associates.
 - Create engaging content that incorporates affiliate links.
 - Use SEO and social media to drive traffic to your content.
- Resources:** [Affiliate Marketing Basics \(YouTube\)](#)
Platforms: [Amazon Associates](#), [ShareASale](#).
- Income Potential:** \$100–\$10,000+/month depending on traffic and conversions.

16. Selling Printables or Digital Downloads

→**Skills Needed:** Graphic design skills using Canva or Adobe Illustrator; creativity to create useful and attractive printables.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, design software, Etsy shop or similar platform.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 2–4 weeks to design initial products and set up an online shop.

→**How to Build the Service:**

→Research popular printables (e.g., planners, calendars) on Etsy or Pinterest.

→Design unique, high-quality products and set up your shop.

→Promote your items on social media or through a blog.

→**Resources:** [How to Sell Printables \(YouTube\)](#)

Platforms: [Etsy](#), [Gumroad](#).

→**Income Potential:** \$100–\$1,000+/month depending on sales.

17. Rideshare Services (Uber/Lyft)

- Skills Needed:** Safe driving, navigation, customer service.
- Time Commitment:** 10–20 hours/week.
- Supplies Needed:** Reliable car, smartphone, and insurance.
- Schedule:** Flexible; peak hours (evenings and weekends) offer higher earnings.
- How Long to Get Up and Running:** 1–2 weeks to sign up, complete background checks, and get your vehicle inspected.
- How to Build the Service:**
 - Register on Uber or Lyft and complete the onboarding process.
 - Drive during peak demand times for higher payouts.
 - Keep your vehicle clean and professional to encourage tips.
- Resources:** [Uber Driving Tips \(YouTube\)](#)
Platforms: [Uber](#), [Lyft](#).
- Income Potential:** \$15–\$25/hour or \$600–\$2,000/month.

18. Freelance Video Editing

→**Skills Needed:** Proficiency in video editing software (Adobe Premiere Pro, Final Cut Pro); creative storytelling and technical expertise.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, video editing software.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 2–6 weeks to learn software basics, create sample projects, and start pitching to clients.

→**How to Build the Service:**

→Practice by editing personal or free projects to build a portfolio.

→List services on platforms like Upwork, Fiverr, or Freelancer.

→Network with small businesses or content creators who need editing.

→**Resources:** [Video Editing for Beginners \(YouTube\)](#).

Platforms: [Upwork](#), [Fiverr](#).

→**Income Potential:** \$20–\$75/hour or \$500–\$3,000/month.

19. Transcription Services

→**Skills Needed:** Fast typing, attention to detail, and familiarity with transcription software.

→**Time Commitment:** 5–10 hours/week.

→**Supplies Needed:** Computer, headphones, and transcription software.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 1–2 weeks to register on platforms and pass entry tests.

→**How to Build the Service:**

→Sign up with Rev, TranscribeMe, or Scribie and complete sample tests.

→Start with smaller projects to gain experience and speed.

→Expand to higher-paying projects as you improve.

→**Resources:** [Transcription Jobs for Beginners \(YouTube\)](#)

Platforms: [Rev](#), [TranscribeMe](#).

→**Income Potential:** \$10–\$30/hour or \$300–\$1,000/month.

20. Dropshipping

→**Skills Needed:** E-commerce basics, marketing skills, and customer service.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Shopify account, supplier, advertising budget.

→**Schedule:** Flexible; requires regular monitoring.

→**How Long to Get Up and Running:** 2–6 weeks to source products, set up a store, and launch ads.

→**How to Build the Service:**

→Choose a niche and source products from platforms like AliExpress.

→Set up a Shopify store with a strong visual design.

→Run social media ads to drive traffic to your store.

→**Resources:** [How to Start Dropshipping \(YouTube\)](#).

Platforms: [Shopify](#), [Oberlo](#).

→**Income Potential:** \$500–\$5,000+/month.

21. YouTube Content Creator

→**Skills Needed:** Video production and editing skills; creativity and storytelling.

→**Time Commitment:** 5–20 hours/week.

→**Supplies Needed:** Camera or smartphone, video editing software.

→**Schedule:** Flexible.

→**How Long to Get Up and Running:** 4–12 weeks to create content, optimize videos, and build an audience.

→**How to Build the Service:**

→Choose a niche and create engaging video content.

→Optimize for SEO using keywords and tags.

→Monetize through ads, sponsorships, or affiliate marketing.

→**Resources:** [YouTube Growth Strategies \(YouTube\)](#).

Platforms: [YouTube](#).

→**Income Potential:** \$100–\$10,000+/month depending on views and monetization.

22. Online Surveys and Market Research

- Skills Needed:** Basic internet navigation, attention to detail.
- Time Commitment:** 1–5 hours/week.
- Supplies Needed:** Computer or smartphone, internet access.
- Schedule:** Completely flexible.
- How Long to Get Up and Running:** 1–2 days to register on survey platforms and complete profiles.
- How to Build the Service:**
 - Sign up for multiple platforms like Swagbucks, Survey Junkie, or Toluna.
 - Focus on completing higher-paying surveys first.
 - Regularly check for new survey opportunities.
- Resources:** [Best Survey Sites \(YouTube\)](#)
Platforms: [Swagbucks](#), [Survey Junkie](#).
- Income Potential:** \$50–\$300/month.

23. Handmade or Custom Jewelry Sales

- Skills Needed:** Crafting and design skills, attention to detail.
- Time Commitment:** 10–20 hours/week.
- Supplies Needed:** Jewelry-making tools, materials like beads, metals, and gemstones.
- Schedule:** Flexible.
- How Long to Get Up and Running:** 2–4 weeks to create designs, photograph items, and set up an online shop.
- How to Build the Service:**
 - Design and produce unique pieces.
 - Set up a shop on Etsy or Shopify and promote on social media.
 - Offer seasonal collections to boost sales.
- Resources:** [How to Start a Jewelry Business \(YouTube\)](#)
Platforms: [Etsy](#), [Shopify](#).
- Income Potential:** \$200–\$1,500+/month depending on sales.

24. Local Event Planning

→**Skills Needed:** Organization, creativity, and strong interpersonal skills.

→**Time Commitment:** 10–20 hours/week.

→**Supplies Needed:** Computer, event planning software (e.g., Trello).

→**Schedule:** Flexible but may include evenings and weekends.

→**How Long to Get Up and Running:** 4–8 weeks to establish contacts, create packages, and advertise services.

→**How to Build the Service:**

→Start by organizing small events for friends or community groups.

→Create a portfolio of past events to showcase your work.

→Market services through social media and local networking.

→**Resources:** [Event Planning for Beginners \(YouTube\)](#).

Platforms: [Thumbtack](#).

→**Income Potential:** \$500–\$5,000+/month depending on event size.

25. Fitness Instructor (Online or In-Person)

- Skills Needed:** Certification in personal training or group fitness (NASM, ACE); motivational skills.
- Time Commitment:** 5–15 hours/week.
- Supplies Needed:** Workout space or webcam (for online classes).
- Schedule:** Flexible; mornings, evenings, or weekends work best for clients.
- How Long to Get Up and Running:** 3–6 months for certification, but classes can start sooner if already certified.
- How to Build the Service:**
 - Host free or discounted sessions to build a client base.
 - Offer online classes through Zoom or in-person at local gyms.
 - Advertise on Instagram or Facebook with testimonials and before/after results.
- Resources:** [Fitness Coaching Basics \(YouTube\)](#)
Certification: [ACE Fitness](#).
- Income Potential:** \$15–\$50/hour or \$500–\$2,500/month.

26. Home Organization Services

→**Skills Needed:** Organizational skills, patience, and attention to detail.

→**Time Commitment:** 5–10 hours/week.

→**Supplies Needed:** Storage bins, labels, and basic organizing tools.

→**Schedule:** Flexible, often during clients' free time.

→**How Long to Get Up and Running:** 2–4 weeks to gather supplies and market locally.

→**How to Build the Service:**

→Offer services to friends and family to build a portfolio.

→Advertise on local Facebook groups or Nextdoor.

→Create before-and-after photos to attract new clients.

→**Resources:** [Home Organization Tips \(YouTube\)](#)

Platforms: [TaskRabbit](#).

→**Income Potential:** \$20–\$50/hour or \$500–\$2,000/month

27. Teaching Music Lessons

→**Skills Needed:** Proficiency in a musical instrument, teaching skills, and patience.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Instruments, sheet music, and a quiet teaching space.

→**Schedule:** Afternoons, evenings, or weekends.

→**How Long to Get Up and Running:** 2–4 weeks to recruit students and prepare lesson plans.

→**How to Build the Service:**

→Advertise through community boards, schools, or online platforms like TakeLessons.

→Offer virtual lessons via Zoom to reach a broader audience.

→Provide package discounts for regular clients.

→**Resources:** Teaching Music Lessons (YouTube)

Platforms: TakeLessons.

→**Income Potential:** \$20–\$60/hour or \$400–\$1,800/month.

28. Baking or Catering

→**Skills Needed:** Baking or cooking skills, creativity, and presentation skills.

→**Time Commitment:** 10–20 hours/week.

→**Supplies Needed:** Kitchen equipment, ingredients, packaging supplies.

→**Schedule:** Flexible but often weekends for events.

→**How Long to Get Up and Running:** 3–6 weeks to test recipes, finalize a menu, and start marketing.

→**How to Build the Service:**

→Take small orders from friends and family to establish credibility.

→Create an Instagram or Facebook page showcasing your baked goods.

→Offer samples at local events or farmers' markets.

→**Resources:** [Baking Business Basics \(YouTube\)](#)

Platforms: [Instagram](#), [Square](#).

→**Income Potential:** \$500–\$3,000+/month depending on demand.

29. Selling Stock Photos

- Skills Needed:** Photography and basic photo editing skills.
- Time Commitment:** 5–10 hours/week.
- Supplies Needed:** Camera, smartphone, and editing software.
- Schedule:** Flexible.
- How Long to Get Up and Running:** 2–4 weeks to create a portfolio and upload to stock photo platforms.
- How to Build the Service:**
 - Capture in-demand images (e.g., business, lifestyle, nature).
 - Upload to platforms like Shutterstock or Adobe Stock.
 - Optimize images with keywords and tags to increase visibility.
- Resources:** [Stock Photography Tips \(YouTube\)](#)
Platforms: [Shutterstock](#), [Adobe Stock](#).
- Income Potential:** \$100–\$1,000+/month depending on portfolio quality and size.

30. House Painting

- Skills Needed:** Basic painting skills, attention to detail, physical stamina.
- Time Commitment:** 10–20 hours/week.
- Supplies Needed:** Paintbrushes, rollers, drop cloths, and ladders.
- Schedule:** Flexible; weekends often preferred.
- How Long to Get Up and Running:** 2–4 weeks to gather supplies, set pricing, and advertise locally.
- How to Build the Service:**
 - Advertise on Nextdoor, Craigslist, or local boards.
 - Offer discounted services to first-time clients for reviews.
 - Partner with landlords or real estate agents for recurring projects.
- Resources:** [Painting Business Tips \(YouTube\)](#).
- Income Potential:** \$15–\$50/hour or \$500–\$3,000+/month.

31. College Grants and Tuition Research Consultant

→**Skills Needed:** Strong research skills, familiarity with college funding processes, understanding of scholarships, grants, and financial aid opportunities, and excellent communication skills.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, internet access, a spreadsheet or database tool (e.g., Excel, Google Sheets) to track opportunities.

→**Schedule:** Flexible; clients may prefer evening or weekend consultations.

→**How Long to Get Up and Running:** 2–4 weeks to gather knowledge about scholarship databases, financial aid platforms, and create a service offering.

→**How to Build the Service:**

→Research available grants, scholarships, tuition reduction strategies, and financial aid options tailored to different fields of study.

→Create packages for different services, such as a basic consultation, comprehensive research report, or application assistance.

→Advertise services to parents, students, and community groups via Facebook, LinkedIn, or local schools.

→Partner with college advisors or education counselors to broaden your reach.

→**Resources:** [Financial Aid Basics \(YouTube\)](#)

Websites: [Fastweb](#), [Scholarships.com](#), [Federal Student Aid](#).

→**Income Potential:** \$200–\$1,000+/month depending on the number of clients and service tiers offered.

32. Customized Family Scheduling Consultant (Incorporating Dan Siegel's Healthy Mind Platter)

→**Skills Needed:** Knowledge of family dynamics, time management, familiarity with Dan Siegel's Healthy Mind Platter (seven essential mental activities), and the ability to create personalized schedules.

→**Time Commitment:** 5–15 hours/week.

→**Supplies Needed:** Computer, scheduling software (e.g., Google Calendar, Trello, or Excel), templates for schedules, and knowledge resources on child development and mental health.

→**Schedule:** Flexible; evenings or weekends may work best for consultations with families.

→**How Long to Get Up and Running:** 3–5 weeks to understand the principles of the Healthy Mind Platter, create templates, and market your services.

→**How to Build the Service:**

→**Educate Yourself:** Dive deep into the Healthy Mind Platter and its components—focus time, playtime, connecting time, physical time, time-in (mindfulness), downtime, and sleep.

→**Create Templates:** Develop customizable templates that incorporate learning time, family bonding, extracurriculars, and the Healthy Mind Platter components.

→**Market Your Service:** Advertise on parenting groups, social media, and community boards. Emphasize the benefits of a balanced, mindful family schedule.

→**Offer Tiers:** Provide different service levels, such as one-time consultations, weekly schedule revisions, or ongoing coaching for families.

→**Include Tools:** Provide families with digital versions of their schedules and instructions for using online tools to manage them.

→**Resources:** [Dan Siegel's Healthy Mind Platter \(Video\)](#).

Scheduling Tools: [Google Calendar](#), [Trello](#).

Parenting Resources: [Mindful](#) and
[Positive Parenting Solutions](#).

→**Income Potential:** \$200–\$1,500+/month depending on the number of clients and package pricing.

Meet Amy

AMY ARMSTRONG, LISW, Conflict Resolution Specialist

As a seasoned parent coach, Amy Armstrong, LISW-S, is a pioneer in bringing innovative conflict resolution practices to the arena of family law. Equipped with a degree in Education from Miami University of Ohio and a Master's degree in Social Work from The Ohio State University, Amy's career is marked by bold leadership, including her role as past-president of the Ohio Chapter of the Association of Family and Conciliation Courts.

As Co-founder of The Center for Family Resolution (CFR) in Columbus, Ohio, Amy has established a hub for specialized trauma-informed interventions addressing diverse needs in families, businesses, schools, and communities. CFR professional coaches, under Amy's training and guidance, navigate complex situations such as separation, divorce, relationship cut-off, anxiety, and post-decree co-parenting issues for court-involved families.



In the realm of parent education, Amy taught “The Art of Positive Parenting,” contributing significantly to building awareness and communication skills for hundreds of families in the central Ohio community as well as at Gladden Community House in Franklinton. Amy's journey continued as she gained accreditation as an ICF accredited professional parent coach, facilitating positive shifts in discipline and relationship dynamics for families.