

Virtual Assistant , Ways to Learn and your Health



Virtual assistant has a lot to offer to different clients who wants to start their new business , entrepreneurs, executives, small business owner. When pandemic strucked , virtual world hits like a rockstar, many are hooked and open about this

Ways to Learn About Virtual Assistant



1. Self study

By watching youtube or tiktok videos , you can learn the basics of virtual assistant , also the different types of services like social media management , search engine optimization and more.



2. Joining

By participating in free webinars , many organizations are now releasing free online webinars that tackle the essence of virtual assistant, the different knowledge as virtual assistant.



3. Asking a friend

By getting the help of a friend or family member that is well experienced in the Virtual Assistant world and knows the process of VA world.



4. Taking Courses

By taking paid courses you'll gonna learn the in depth study of virtual assistant , there are courses that offers freelancing as a whole packaged , there are also courses that tackles the exact niche that you want to learn.and the good thing about taking courses is having a supportive coach who guides and give constructive opinion on your daily task.

But being a virtual assistant doesn't always bring you up to your highest level. We are only human beings that are getting tired , stressed or having different problems. So I will teach you some ways for you to not be affected by your personal problems and as a Virtual Assistant.

Ways to Ease the Stress

1. Exercise - even just a simple stretching is a good way to start your day as a virtual assistant. By spending 10-15 mins of exercise allows yourself to be motivated and have focus for the next opportunity.
2. Drinking 8 glasses of water - drinking 8 glasses of water improved brain performance, will regain good memory, concentration and mood.will have a healthier heart and good digestion
- 3.Meditation -through meditation we can reduce and release the negative emotions,increasing creativity and patience. Gaining new perspective to stressful situations
- 4.Have time for yourself enjoyment - it's like reinventing your old self , doing new things that make you excited to look forward to.
5. Talk to someone - asking the help of other people whether it's professional or your friend or family members ,the one person that you tested most,you can ask help and advice to them.



