



COMOTION LABS PRESENTS

FUNDAMENTALS FOR STARTUPS FRIDAY

A weekly series featuring notable experts who share startup-related information, experience, and wisdom with our entrepreneurial community

FREE | FOOD | GREAT INSIGHTS GUARANTEED

COMING UP

4/19 STARTUP VALUATION	5/3 RECRUITING 101
4/26 ENTREPRENEURIAL GRIT	5/10 HOW COMPASSION IMPROVES INNOVATION



STARTUP VALUATION

4/19/19

With Yi-jian Ngo, Managing Director, Alliance of Angels. Many entrepreneurs struggle with having the “valuation” discussion with investors. All too often, it feels to the entrepreneur that valuations are just being pulled out of thin air. Join Yi-jian Ngo from the Alliance of Angels for an interactive workshop on startup valuation. We will walk through some practical guidelines and three specific methods that entrepreneurs can use to guide their valuation negotiations. **Topics include:**

- Startup valuation tools
- Connecting with investors
- Startup valuation guidelines
- Valuations specific to startups

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ENTREPRENEURIAL GRIT

4/26/19

With Hien DeYoung, Principal, DeYoung Executive Coaching & Consultancy. Starting a company is hard and alienating. And, the uncertainties, insecurities, and imposter syndrome that greets you every day is even tougher than funding negotiations with investors. This conversation is about the personal toll of entrepreneurship that affects all entrepreneurs, and how we can enable ourselves to continue the uphill climb. **Topics include:**

- The personal toll of entrepreneurship as described by known figures
- Why it's critical to recognize the struggle
- Data on the effects of entrepreneurial life
- Which kinds of fear motivates and demotivates
- How to build entrepreneurial grit



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RECRUITING 101

5/3/19

With Jessie Smith and Emma O'Neill-Myers, UW Career & Internship Center. Are you a startup looking to recruit talent, or not quite sure how to navigate a college campus the size of UW? Wondering how to get started? Join us as campus insiders share insights, strategies, and best practices to attract top UW talent. **Topics include:**

- Career contacts at UW
- Recruiting timelines
- Building your brand
- Engagement opportunities and events
- Recruiting and supporting interns

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HOW COMPASSION IMPROVES INNOVATION


5/10/19

With Shwetak Patel, professor, Paul G. Allen School and the Department of Electrical & Computer Engineering.



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CATCH UP ON YOUR FUNDAMENTALS

From raising capital to scaling to exit strategies, these seasoned guest speakers deliver valuable content designed to help startups and entrepreneurs thrive. Lectures are typically 30-40 mins, followed by open Q&A.

We film each and every one. Click below to watch!

WATCH PREVIOUS EPISODES

ABOUT COMOTION LABS

CoMotion Labs, part of CoMotion, provides a multi-industry incubation system. Whether you're a UW spinout or a startup not affiliated with the UW looking to incubate close to the University, we have dedicated spaces for startups in:

LIFE SCIENCES, BIOTECH & MEDTECH
EMERGING TECH, AR/VR & ROBOTICS
SOFTWARE/IT, BLOCKCHAIN & FINTECH

We also offer wraparound services to support startup success including **training, mentoring, and networking**, across a variety of industries. CoMotion Labs removes barriers and increases connections to ensure our startups' optimal success in taking their innovations to impact.

LEARN MORE



You are receiving this email because you have expressed interest in CoMotion, UW's collaborative innovation hub, or because you are associated with a UW department that often collaborates with us. You do not need to be affiliated with the UW or CoMotion to attend Fundamentals for Startups Friday.

COMOTION

COMOTION LABS

COMOTION MAKERSPACE

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