

## On Your Terms Podcast Episode 0.

### Welcome To On Your Terms With Sam Vander Wielen

**Sam Vander Wielen:** [00:00:09] Hey, friends. It's Sam Vander Wielen, and I'm the host of the On Your Terms podcast and the founder and CEO of Sam Vander Wielen LLC. I hope online coaches and service providers legally protect and grow their online businesses using my DIY legal templates and my signature program, the Ultimate Bundle. I'm an attorney-turned entrepreneur who's driven to make the usually stuffy, boring, and intimidating world of legally protecting your online business easy, cozy, and less stressful. Yes, I said cozy, I swear, hang with me, you will see.

**Sam Vander Wielen:** [00:00:47] I'm not only passionate about helping you learn how to legally protect your business, I'm just as passionate about helping you to build a business on your terms. To me, that doesn't mean how many figures you're pulling down each month or how many followers you have on Instagram, but how much time, flexibility and contentment you've got to.

**Sam Vander Wielen:** [00:01:05] On the podcast, I'll chat with you each week about how to legally protect your business with the right contracts, website policies, strategies, and scope of practice tips, as well as how to build a legit evergreen business that helps support the life that you actually want to live, not the one that's being thrown and sold at you on Instagram, all while throwing in a sprinkle of my signature, no-BS, what's-really-going-on-behind-the-scenes business-building advice.

**Sam Vander Wielen:** [00:01:33] I'll interview entrepreneurs building businesses on their terms to show you so many diverse examples of what kind of business you can build. I'll also bring in top experts on the show to help you learn about things like Facebook ads, branding, email marketing, building out your programs, health care for solo entrepreneurs, money and investment strategies, and so much more.

**Sam Vander Wielen:** [00:01:56] After practicing law for five miserable years as a corporate attorney, I left the law in 2016 to start my own health coaching business. Even though health coaching wasn't really the right fit for me, it helped me to bridge the gap between being an out-of-touch lawyer with what you really need to know to legally

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protect your online business and what it really takes to start an online business in the first place. In 2017, I shut down that health coaching business and opened up the doors to Sam Vander Wielen LLC, the business that you see today, and started helping people create legally legit businesses.

**Sam Vander Wielen:** [00:02:29] There is definitely no turning back now because over the past five years I've built a seven-figure business with thousands and thousands of happy customers all over the world. But what's most important to me is that I've built a life around the values that mean the most to me - time, flexibility, and freedom.

**Sam Vander Wielen:** [00:02:49] Whether it's the brain surgery I had shortly after I started my business or my dad's terminal leukemia diagnosis recently, I've truly experienced how much building your own business can afford incredible freedom, opportunity, and most surprisingly, a chance to heal your inner wounds.

**Sam Vander Wielen:** [00:03:06] I want all of my listeners to know these three things. One. Yes, you have to legally protect your business, and it doesn't have to be as complicated or boring as you think. Two, there are a million ways to build your own business, show up online and work with your clients. You don't have to do what she's doing on Instagram. You truly can build a business on your terms. And three, the legal glow-up is real. Wait until you see how much of a sigh of relief you'll have when it comes to legally protecting your business. This really can be the key to moving forward and doing the dang thing. I've seen it so many times.

**Sam Vander Wielen:** [00:03:44] Thanks so much for listening to the On Your Terms podcast. Make sure to follow on Apple Podcasts, Spotify, or wherever you like to listen to podcasts. You can also check out all of our podcast episodes, show notes, links, and more at [samvanderwielen.com/podcast](https://samvanderwielen.com/podcast). You can learn more about legally protecting your business and take my free legal workshop five steps to legally protect and grow your online business at [samvanderwielen.com](https://samvanderwielen.com). And to stay connected and follow along, follow me on Instagram at [@samvanderwielen](https://www.instagram.com/samvanderwielen) and send me a DM to say hi. So grab

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something cozy and let's get into it. I can't wait to dive in together and help you build a legally legit business on your terms.