

# Top 6 Franchises For Women Considering Business Ownership



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## Meet Jane.



Jane spent years juggling work, family, and everyone else's expectations. She was dependable, capable, and the person people leaned on when things needed to get done. From the outside, her life looked "successful." But inside, she felt something missing. She wanted work that mattered. She wanted flexibility without sacrificing income. She wanted to build something that felt like hers. Jane didn't want to gamble on a random business idea. She wanted a proven path with support, structure, and a community behind her. That's when she discovered franchise ownership.





# Why Business Ownership Is a Powerful Path for Women

Women are some of the most successful franchise owners in the country, and it's not by accident.

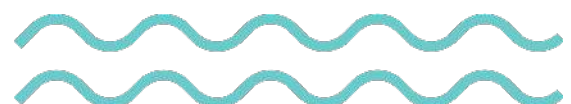
Franchise ownership offers a way to step into business ownership without starting from zero.

Instead of guessing your way forward, you follow a proven model, supported by systems, training, and a network of people who want to see you succeed.

For many women, this means:

- Building a business that aligns with their values
- Creating income with flexibility
- Leading a team instead of being managed by one
- Making a real impact in their community

**This isn't about hustling harder. It's about building smarter.**



# Who Are Stacey & Dave – And Why Should You Listen To Them?

Hi! We're Stacey and Dave Riska, husband wife duo in business and life. We've been down all of the paths of business ownership and are transparent in sharing the good, bad and ugly we've learned along the way from:

- starting a business from scratch
- buying 2 more businesses along the way
- selling those businesses
- investing in a franchise which we still own today, 19 years later

**What we can tell you is that franchise ownership will give you the best opportunity for success.**

It's a shame but the stats are true:

9 out of 10 businesses that start from scratch will fail by year 5. UGH!

But 9 out of 10 franchises are still in business at year 5.

Which would you rather own?

A great business isn't just about money. It's about fit.

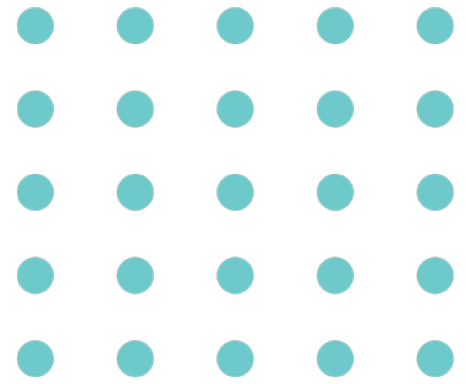
That's why people call us Franchise Matchmakers.

Think of us like a realtor for businesses.

A realtor helps you find the right home.

We help you find the right business.





## What Is a Franchise? (In Plain English)

A franchise is a business where you operate a proven concept using an established brand, system, and playbook.

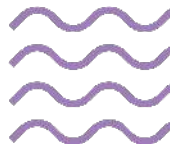
Instead of building everything from scratch, you get:

- Training
- Marketing systems
- Operational guidance
- Ongoing support
- A network of other owners

You bring leadership, care, and vision.

The system provides the structure.





# The Big Reality Most People Don't Know

There are over 4,000 franchise concepts across nearly every industry you can imagine.

From health and wellness... to education... to home services... to beauty, fitness, and care-based businesses.

That's why finding the right match matters more than finding a "good" franchise.

The right fit means:

- You enjoy what you're building
- You lean into your natural strengths
- You stay motivated when challenges show up

And that's what separates owners who simply operate from owners who truly thrive.





## **Advantages of Owning A Franchise As A Woman**



Franchise ownership offers a unique combination of independence and support.

## **Proven Business Model**

You're not guessing what works. The systems, services, and processes have already been tested.

## **Brand Recognition**

You benefit from a trusted name instead of having to build awareness from scratch.

## **Community & Support**

You're never alone. You join a network of owners who share ideas, strategies, and encouragement.





## **Flexibility**

Many franchise models allow you to design your role, whether hands-on, manager-led, or somewhere in between.

## **Financial Opportunity**

With the right model and execution, business ownership can create both income and long-term value.

## **Purpose**

Many women choose franchises that allow them to help families, support health, create jobs, or strengthen their local community.



## **What To Consider Before Choosing A Franchise**





## **1. Self-Assessment**

What do you actually want your day to look like? Do you enjoy leading people, working with clients, or managing systems behind the scenes?

## **2. Research**

Look beyond the brand name. Understand the business model, support structure, and growth potential.

## **3. Financial Clarity**

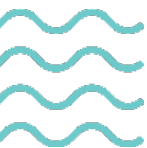
Know your investment range, cash flow expectations, and comfort level with risk.

## **4. Support & Training**

Strong franchises don't just sell you a business. They help you grow it.

## **5. Industry Trends**

Choose a space with long-term demand, not short-term hype.



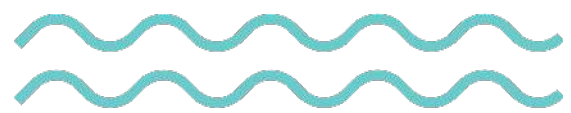


## **6. Franchisee Conversations**

Talk to real owners. Ask what surprised them, what they love, and what they'd do differently.

## **7. Legal Review**

Always review the franchise agreement with a franchise attorney.





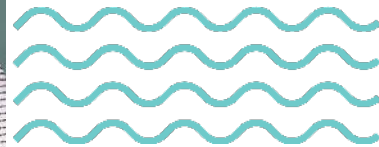
## **The Top 6 Franchise Models Women Commonly Thrive In**



These industries consistently attract women who want purpose, flexibility, and strong earning potential. Availability varies by location.

## 1. Health & Wellness Services

Businesses focused on physical and mental well-being, recovery, or preventive care.



## 2. Education & Youth Development

Tutoring, enrichment, and learning centers that help children and families succeed.



### 3. Beauty & Personal Care

Service-based concepts centered around confidence, self-care, and customer experience.

### 4. Senior Care & Support Services

Non-medical home care and aging support businesses that serve a growing population.

### 5. Home & Lifestyle Services

Organizing, cleaning, or property-related services that solve real-life problems.

### 6. Fitness & Lifestyle Coaching

Community-driven fitness and wellness brands built around transformation and accountability.

Just because a franchise is on this list doesn't mean it's available in your area or the right fit for you.

That's where matching matters.





**Ready To Find Your PERFECT Match?**





Let's find the PERFECT business match for you! It's completely free.

**No sales. No pressure. No obligation. Just possibilities.**

How can that be?

The businesses we work with pay our fee to help them connect with qualified, interested owners. Think of us like an executive recruiter.

If you'd like clarity, conversation, and guidance instead of pressure and pitches, we're here.

**Stacey Riska, CFC Your Lifestyle & Franchise Matchmaker**

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#YouGotThis

Your next chapter doesn't have to look like anyone else's. It just has to feel like yours.

