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February, 2009



The Coach's Corner

Business Coaching - "Because Every Winner Has a Coach!"

In This Issue

Check out
"Entrepreneur
School"

How's That
Resolution Working
Out?

Free "Ask The
Coach" sessions at
"TalkShoppe"

Coach Mark speaks
at Parmasters
2/17/09

Quick Links

More About Us
Coaching Events

Coach's Quote of the week:



"If you are bored

Dear Mark,

Have you lost sight of the great future you first imagined for your business and for your life?

Are you finding that you are spending all your time buried in the details of running your business, focusing more on next week/month than on where you want to end up in life?

Calaveras Business Coaching, LLC. is a force for positive change in the way small business is done.

We help business owners rekindle and identify their motivating "Vision" of the future. We then help map the path and implement the actions to reach that future - providing the necessary support along the way.

We invite you to take a moment to read this newsletter and gain some understanding on how we can re-energize your business and make it fun again.

Mark van Stolk

Licensed Professional Business Coach

How's That Resolution Working Out?

Every year, we all get the feeling of a fresh start. It's a new year - and things are going to be different this year... Right? The problem is that you probably said it last year too... and the year before that... and the year before that... You may even have already fallen off this year!

The problem however is not the resolution itself - it's the process that you go through. Instead of resolving to simply do "stuff," try looking a little deeper this year.

WHY do you want this to happen? What else can you learn? Do you believe that you can actually become this

with life, if you don't get up every morning with a burning desire to do things - you don't have enough goals." -- Lou Holtz

Jump-Start your Business!

Join Calaveras' "Entrepreneur School"

(12 week group program - Planned start: 1st week in March)

7 Reasons Why You Should Join Us!!!

1. You will learn multiple strategies to make your business perform better.
2. You will grow your business by learning more effective marketing and sales skills.
3. You will hire, train, and manage your staff better.
4. You will systemize your business so that it works - and you can work less-and enjoy your life more!
5. You will be a part of a confidential environment to gain from the input and

person? How does this line up with your core values?

For example, instead of resolving to "make more sales calls" define **WHY** you need more income. Are your children only a few years away from college? **Aligning the passion of your core values with the "stuff" can bring passion to your work. Go deep.**

Article by: John Deagan - Master Coach PBCA

Don't Forget!

"Ask The Coach" - a free opportunity to experience business coaching.

Joint Coach Mark after "TalkShoppe" at the Better Business Bureau - every first Wednesday of the month.

[Click here for map](#)

"Talkshoppe" is a weekly networking and educational event, organized by Jo Garner of First Tennessee Bank at the BBB offices, every Wednesday from 9:00 - 10:00am.

A one hour "Ask the Coach" session will be held afterwards - a FREE coaching opportunity!

For more information [Click Here](#)

Seminar



"Business Solution Series: the Four Professionals" at Parmasters Golf Training -

Coach Mark van Stolk will be talking about: **"Success = Mindset + Tools + Action".**

Tuesday, February 17th, from 8:00-9:30am

Most business owners focus on the **obvious problem** areas in their business. Few understand the **holistic, multi-level, approach** that is needed to break through and produce **exponential growth**.

The event will be held at Parmasters Golf Training, 888

knowledge of other area business owners who share the same challenges that you have.

6. You will become a better leader.

7. You will stop procrastinating - and start taking better ACTIONS that move your business to where you want it to be!

Call Coach Mark at (901) 753-3753 or click here for details.

[Click here for more Opportunities!](#)



S. White Station Road, Memphis, TN 38117.

Cost: \$30 per session - \$90 for the four event series. The first 10 participants to sign up are FREE - sponsored by Parmasters.

Door-prize: FREE time on the Parmasters golf simulators! - Experience Pebble Beach and more!

To reserve your spot call Mark van Stolk at (901) 753-3753. **The series will fill up quickly, so call soon!**

To get more information: [Click Here](#) or look at:

www.BusinessSolutionsSeries.com

Now is the time to REALLY focus on Your business.

In good economic times, every business owner is a "genius." But in tough economic times, only the best businesses will survive... the rest WON'T. What is your plan of action to prosper during this challenging economy? If you don't have one, you leave your future in your competitor's hands!

This is the time to call Calaveras at (901) 753-3753 for a FREE "Jumpstart" Initial Coaching Session. Find out how you can prepare to thrive in these tough economic times!

**Mark van Stolk
Licensed Professional Business Coach.**

Save \$30

Register and pay for all four of our seminars starting February 17th at ParMasters and pay only \$90 for the series (\$120 if purchased separately). Call Coach Mark at (901) 753-3753 for reservations.

Offer Expires: February 17, 2009

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