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April, 2009



## The Coach's Corner

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

### In This Issue

Coach's Quote of the Day

Free "JumStart" Initial Coaching Session

Make a "Date" with yourself

Seminar at Parmasters 4/23/09

Interview on KWAM-990

Free "Ask The Coach" sessions at "TalkShoppe"

### Quick Links

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### Coach's Quote of the week:

### Dear Mark,

Is your business keeping you so busy that you don't have time to think about, or work on the future you first imagined for your business and for your life?

Are you looking back at the end of the week and wondering what significant progress you have made to making your business better or more profitable?

We at Calaveras Business Coaching, LLC. 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 - making sure progress is made every week.

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*

### Make a "Date" with yourself.

The other day I was talking to a very well-organized and successful business owner. She explained to me that her schedule kept her so busy that she didn't have time to work on her "larger plan", she was always "putting out fires" and working "in" the activities of the business.

I have been there myself and I see it a lot around me - everything ends up having priority over your most important activity - working "on" improving your business.

The solution I found is to schedule a regular date with myself - I mark a fixed time slot on my calendar and make it as inviolable as if it were a client meeting. By



"If you are bored 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

**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

scheduling the time in advance, rather than as an afterthought, I find that my schedule then fills in around it and I suddenly have the time to do what need to be done.

Now the most important thing is to actually use the time as intended. More on that in the next issue.

*Article by: Mark van Stolk - Licensed Professional Business Coach*

## Seminar



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

Thursday, April 23rd, from 4:00-5:30pm

**Coach Mark van Stolk will be talking about:**

**"The Five Pillars For Building A Business That Thrives While You're On Vacation"**

**Growing a business is not a skill that most people are born with - most learn it the hard way!** If you don't take the right steps at the right time and in the right order, growing your business may be a long and frustrating path.

Coach Mark van Stolk will give you a map for this process and help you identify some of the hurdles along the way.

The event will be held at Parmasters Golf Training, 888 S. White Station Road, Memphis, TN 38117.

**Cost:** \$30 per session - \$90 for the four event series. **The first 5 participants to sign up are FREE - sponsored by Parmasters.**

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

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.*

[More Information](#)



To reserve your spot call Mark van Stolk at (901) 753-3753. **With a capacity of only 12, the series will fill up quickly, so call soon to reserve a spot!**

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

[www.BusinessSolutionsSeries.com](http://www.BusinessSolutionsSeries.com)

### Listen to Coach Mark's Interview on KWAM990

Coach Mark van Stolk was interviewed by Nancy Crawford of the BBB and Robert Staub of the Small Business Chamber on the Small Business Show -

[Click Here to Listen to the Interview!](#)

## Don't Forget!

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

Join 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](#)

**Save  
\$30**

Register and pay for all four of our seminars starting April 23rd at ParMasters and pay only \$90 for the series (\$120 if purchased separately).

Call Coach Mark at (901) 753-3753 for reservations.

**Offer Expires: April 23, 2009**

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