



Dear Mark van Stolk,

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Subject: "Coach's Corner" for July - 100% responsibility!

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July, 2009



The Coach's Corner

"More Business... More Profits... Less Stress... With A Guarantee!"

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Dear Mark,

Do you ever feel that the pressure is on for you as a business owner?

When Tiger Woods, or LeBron James need to function under adverse conditions and under pressure, they rely heavily on their coaches to make sure their mindset remains positive, as well as to hone their skills and strategies.

Coaching serves the same function in business - Calaveras coaches business owners to maintain a positive attitude and forward momentum, helping them take their businesses to the next level.

Take a moment to read this newsletter, check out our website and gain some understanding as to how Calaveras Business Coaching can re-energize you and your business, help move it forward, and make it fun again.

Mark van Stolk
Licensed Professional Business Coach

Coach's Quote of the week:



"There is a great difference between worry and concern. A worried person sees a problem, and a concerned person solves a problem."
- Harold Stephens

Coach Mark van Stolk Is Available To Speak At Your Organization Or Special Event.

Does your organization need a speaker to present on small business issues for periods of anywhere from half an hour to two hours?

Coach Mark van Stolk has an

100% Responsibility!

Earlier this year, I had the opportunity to participate in a "Teamtrek" weekend, as part of "Leadership Germantown" training. During these three days the Teamtrek coach took a concept that I had known about and used for many years, and gave it a name that was short, simple and impossible to forget - **"100% responsibility"**.

What it means is that: no one is able to control what happens to them in life - stuff happens - however, **everyone is 100% responsible for how they react to those events.** Without taking responsibility to act, you will convince yourself that you don't have influence on the outcome - and you will not act. Without action, there will be no change - no opportunity for improvement - the death-spiral for a business.

With the current economic crisis all over the news - every day - every hour - many business owners have been brainwashed to think that there is nothing they can do to bolster their business. The recession has them in its grip. All they can do is hunker down and hope they survive until the economy turns up! This is called "Prison Thinking".

If you want to survive or even get ahead you cannot afford to say: "I'm losing money because of the economy" - you must change your attitude to say: **"What can I do to make up for the lost business due to the economy"**.

So if you ever hear yourself say "I can't do anything about this, because...." (fill in: "the competition", "the economy"..) - remember - you are 100% responsible for how you react and **your fall-back position should be to ACT to improve your position!**

If you feel yourself in a position where you find it hard or impossible to act on what's happening around you - call a business coach to help you get out of the starting blocks - "Because Every Winner Has A Coach!"

Article by: Mark van Stolk - Licensed Professional Business Coach, Calaveras Business Coaching, LLC.

Having A Hard Time Finding A Reliable Business?

As a Business Coach, I rely heavily on my reputation and on referrals (which I always appreciate).

I also have access to a more than 50 reliable vendors, contractors and professionals, whom I know, like and trust. I have complete faith that they will do excellent

extensive selection of interesting topics to keep the attention of the participants at your meeting.

We GUARANTEE that you will benefit from the information provided!

Call (901) 753-3753 to discuss availability and subject matter.

[More Information](#)

work, so I gladly refer business to them.

Should you require the services of any of the professions listed on the link below, please call me at (901)753-3753 and I'll be happy to put you in contact with them:

[Click here for the referral list!](#)

BNI - where our reputation is on the line - EVERYTIME!

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 half hour "Ask the Coach" session will be held every first Wednesday after TalkShoppe - a FREE coaching opportunity!

For more information [Click Here](#)



**Save
50%**

Call us now and save 50% off the \$195 price of an **"Expanded DISC" Personal Preferences Assessment.**

Wouldn't you like to:

- 1) understand yourself better?
- 2) make better hiring decisions?
- 3) sell more effectively?
- 4) learn how to best communicate with employees, prospects, and customers?

Take us up on this "Extended DISC" assessment offer and learn how to do all of the above.

The "Extended DISC" assessment takes 15 minutes, is internet-based and simple. It identifies the types of activities that come natural to a person and those that require effort (there are no "good" or "bad" results).

At the end of this process, Coach Mark will help you interpret the results and help you use this information to make you a better business person - as well as make you happier in your work.

Take an hour and experience what others have called a "breakthrough" in understanding how people function! This service normally costs \$195 - get it for half price - compliments of Calaveras Business Coaching, LLC!
Call Coach Mark at (901)753-3753 for an appointment.

Offer Expires: August 31, 2009

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