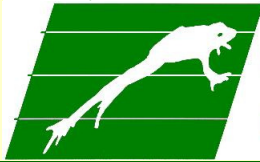


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March 15, 2010



Calaveras
Business Coaching, LLC.



The Coach's Corner

LeapFrog Over Your Competition!

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Coach's Quote Of The Week:



"It's the set of the sail which fixes the course of the boat,

Dear Mark,

We are looking for participants to start a "Business LeapFrog Series" in April (description in the side-bar). If you are interested in participating in this go-around, please contact me as soon as possible [-click here](#) for details. See the coupon at the bottom for the "Early Bird" Discount.

The Main Article this month is "Perspective" - I have used a version of this story to illustrate a time management concept, however, the version below is much more meaningful. I wish I could find the author so I could give him/her proper credit. If any of you know, please tell me!

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

Mark van Stolk
Licensed Professional Business Coach

www.Calaveras-Coaching.com

Business Coaching FAQ #1

What is Business Coaching Anyway?

Business Coaching is a relatively new profession that helps business owners to plan better, take better actions and [\(click here to read further\)](#)

Perspective

not the wind"
--B.N. Woodson

**Sign-up
for our:**

"Business LeapFrog Series"

Get out of the rut and onto the right track to success! LeapFrog ahead of your competition!

In our "Business LeapFrog Series" you meet with Coach Mark and 3-5 other non-competing business owners, two hours per week for 12 weeks, covering all the critical areas of growing your business. In addition you get 2 hours of personal coaching to tie it all together.

Gain many of the benefits of "Business LeapFrog System"™ 1-1 coaching with the additional advantage of the insight of other (non-competing) business owners, all at a lower cost.

And, of course, this offer includes our 30-day "better than money back" guarantee.

Early Bird special: \$100 off the \$995 fee for the first two participants to sign up for each class!

Call Coach Mark van Stolk at 901-753-3753 or [click here](#) for more

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers.

A professor stood before his philosophy class and had some items in front of him.

When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two Beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.. 'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life.

The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else---the small stuff.

If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness.....

- Spend time with your children, IF YOU HAVE THEM.
- Spend time with your parents, IF THEY'RE STILL ALIVE.
- Visit with your grandparents, IF THEY'RE STILL AROUND TOO.
- Take time to get medical checkups, IF YOU CARE

[details](#)**ABOUT YOURSELF.**

- Take your spouse or someone closest to you out to dinner.
- There will always be time to clean the house and fix the disposal.

Take care of the golf balls first---the things that really matter. Set your priorities.

The rest is just sand and like sand through the hour glass, it sifts away quickly!

One of the students raised her hand and inquired what the Beer represented.

The professor smiled and said, 'I'm glad you asked.' The Beer just shows you that no matter how full your life may seem, there's always room for a couple of Beers with a friend.

Author Unknown.



**Save
\$100**

The first two people to sign up for the "Business LeapFrog Series" will save \$100 off the \$995 price.

For details of this 12-part series, please [click here](#), see the side-bar above, or call Coach Mark van Stolk at 901-753-3753 for additional information.

Offer Good for first two participants to sign up!

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