

JULY 10, 2014

THIS WEEK:

The next regular meeting of the Tri-Valley Executives' Association will be held on **July 17th** at Vic's All-Star Kitchen at 7:00am.

GREETERS will be **Mark Van Slambrook** of The Swenson Group, Business Technologies and **Thomas Tong** of Thomas Watch Repair.

Joey Minahan will SPOTLIGHT **Edward Jones Investments**, **Dave Silva** will SPOTLIGHT **J.G. Construction**, and **Joe Goulette** will SPOTLIGHT **Aflac**.

Darlene Crane-Peel of Opes Advisors will give the CLASSIFICATION.

DUES:

Invoices for the second quarter are **due this week** on 7/16. Please get your check in to avoid the \$25 late fee.

DISCUSSION

What do you do when you're experiencing stress due to being a business owner? Not enough business? Too much business?

- Identify the cause of the stress and change your mindset
- Ask for help – reach out to your “lifeline” and talk it out
- Delegate – accept that others can do what you do and sometimes have a different or better way to get the same result
- Take a walk to clear your head
- Realize that other people have stress too, and while you may be the target of their anger, you're not the reason for it
- Go to a movie to allow you brain to “rest” for a couple of hours

- Prioritize what is important in your life and put things into perspective
 - Create structure, such as a weekly meeting with staff to plan and follow up on the What, Who, When
 - Fire your clients – this can be done in a non-confrontational way, but increasing their pricing or not accommodating their schedule
 - ACT! All of you know what you should be doing, but are just not doing it. Put your plan into action
 - In the end, sometimes you just have to let things happen and stop worrying about things that are out of your control. Deal with it as it comes, rather than running what-if scenarios
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THE WEEKLY “POT” REPORT:

TVEA's 50/50 raffle is at **\$67.00** with 2 white marbles (\$5 each), 1 blue marbles (\$10 each) and 1 red marble (winner takes all).

UPCOMING:

July 24 – **Chris Rugaard**, Family Law Attorney

July 31 – **Allen Eddy**, Cal Coast Plumbing

August 7 – **Sheri Facciolla**, Patriot Pest

August 21 – **Jim Pease**, Pease Tax & Accounting
