

# The Weekly Skillet

Serving Up New Choices For Your Life!

Volume 1  
Issue 1

March 4, 2002

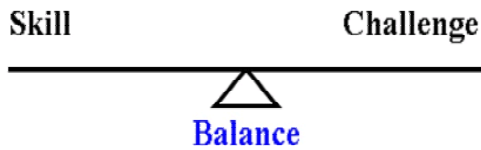
## The Main Course



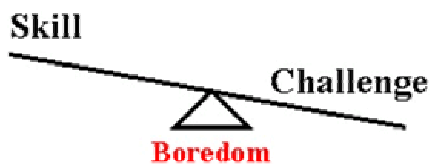
Richard Jorgensen, CEO

### Balancing Your Life

Life is all about change. We constantly move from a state of balance to being out of balance and then discovering a new level of balance.



Too much skill and not enough challenge, results in BOREDOM!



Too much challenge and not enough skill, results in FEAR!



Finding balance in our lives requires that we **STOP** doing what does not work and **START** doing what does work.

If we don't resolve why we keep doing what does not work, we stay out of balance and this blocks our ability to succeed.

Life Skills U's Stop 'n Start™ software courses, known as "courseware", provide the information and tools for resolving the perceptions, attitudes, thinking, and behaviors that keep us out of balance. Now we can move on to enjoying the success we want in life.

We invite you to explore Life Skills U's Stop 'n Start courseware and the possibilities for change in your life by attending a FREE introductory online class. [Click to Register](#)

Life Skills U also invites health educators, authors, seminar leaders, coaches, counselors, trainers, and people from all walks of life to join in this quest for balance. [Click For Faculty Openings](#)

Life Skills U has harnessed the Internet by creating a true virtual learning system.

[Click Here To See How](#)



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## Side Orders

### Free Courseware Update!

If you have courseware: [Click for Free Update](#)  
[Why should I update?](#)

### Free Intro Courses

[Click to Register](#)

Tuesday, March 12

5:00 – 7:00 pm (PST)

8:00 – 10:00 pm (PST)

Friday, March 22

10:00 am – 12:00 pm (PST)

Sunday, March 24

5:00 pm – 7:00 pm (PST)

8:00 pm – 10:00 pm (PST)

### Free QuickBooks Accounting Class

[Click to Register](#)

Monday, April 8

6:00 pm – 7:00 pm (PST)

### Body Language Essentials

[Click to Register](#)

Monday, March 18

6:00 – 9:00 pm (EST)

### Enhance Your Team Culture

[Click to Register](#)

Fri-Sat April 12-13

2 day on-line workshop

### Coach Certification

[Click to Register](#)

### Kick Off Session

Sunday, March 17

10:00 am – 7:00 pm (PST)

### 8 Weekly Sessions

Starting Monday, Mar 25

6:00 pm – 9:00 pm (PST)

[www.LifeSkillsU.Org](http://www.LifeSkillsU.Org)

(619) 523-0551

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