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## business briefs



Sheryl Kline Photo provided

### Sheryl Kline Teaches Mental Toughness

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Sheryl Kline M.A. says that she specializes in teaching athletes, business people and students mental toughness skills so their minds can help them achieve to the best of their ability. Graduating with a master's degree from USC in sport psychology, she researched and worked with many different sports teams and individuals. Since then, she's worked with high level and elite athletes across many different sports. She teaches skills such as emotional control, high-resolution imagery training, resiliency, and focus control. She is clear about not being a licensed clinician. "The focus of my practice is taking people from good to great," she says. "I do not diagnose and treat any type of psychological disorders. I only address performance-related issues such as competition-related anxiety and performance-related emotional control." Kline has transferred the athlete curriculum and designed custom programs for individuals and groups for weight loss, academics and any level fitness goals. She works either one on one, in small groups, or in a larger group seminar format. "I am passionate about teaching athletes and students how to achieve mental toughness, so they can perform their best when it

matters most," says Kline.

### Fitzpatrick Earns President's Circle Status

Lana Fitzpatrick of Coldwell Banker Residential Brokerage's Orinda office has earned status in the Coldwell Banker International President's Circle, a prestigious honor bestowed upon the top Coldwell Banker Residential Brokerage sales associates worldwide. Since Fitzpatrick joined Coldwell Banker in 2007 she has been a top agent in the Lamorinda area. She lives in Moraga, where she is actively involved in her children's schools and athletic programs. This year Fitzpatrick is a premier sponsor of the following school and community organizations: Moraga Education Foundation, Moraga Juniors, the Moraga Baseball Association and the Moraga Ranch. Coldwell Banker Residential Brokerage's Orinda office is located at 5 Moraga Way. Fitzpatrick may be reached directly at (925) 872-4660 or at lana.fitzpatrick@camoves.com.

### News from the Three Chambers of Commerce

#### Lafayette

The Entrepreneur's Club will be taking a "Road Trip" for its monthly meeting at 8:30 a.m. Thursday, June 18 at Merrill Gardens, 1010 Second Street. Parking is available in the underground garage in the retail parking spaces. This month's speaker is Grant Stubblefield of Neighborhood Computers. He will provide an open lecture and discussion about the best IT practices for your home or office computer regarding security, backup, and syncing.

Rock the Plaza continues on Friday, June 19 with The Accents at Lafayette's Plaza Park. The free show starts at 6:30 p.m. with food and beverages available courtesy of the Lafayette Rotary Club, or you can pack a picnic. Sponsors of Rock the Plaza include Red House Studios, Minuteman Press, Walnut Creek Magazine, the City of Lafayette and the Lafayette Chamber of Commerce. The Lamorinda Teen Idol Finalists will perform June 26.

June Mixer at Bonehead's Texas BBQ starting at 5:30 p.m. Wednesday, June 24, at 3422 Mt. Diablo Blvd.

#### Moraga

Chamber mixer starting at 5:30 p.m. Tuesday, June 23 in the lobby of the Moraga Executive Plaza located at 346 Rheem Blvd., Moraga. Non-members interested in joining the Chamber are welcome.

#### Orinda

Breakfast mixer and brief annual report presentation from 8:30 to 10 a.m. Tuesday, June 23 at Shelby's, 2 Orinda Theatre Square. Current and potential members and residents are welcome. Cost: \$10. For reservations for the continental breakfast, visit [www.orindachamber.org](http://www.orindachamber.org) or call (925) 254-3909.



Lana Fitzpatrick Photo provided

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