



# SPRING 2026 NEWSLETTER

March 2026

## A Message from Steve and Sheila

We're Off to an Amazing Start!

What a year it's already shaping up to be! From exciting new contracts to expanded services and a fresh new look, LifeSkills Connection is firing on all cylinders — and we couldn't be more thrilled to share this news with our incredible team.

### A Major Win: State of Nevada Department of Administration

We are proud to announce that Q4 Solutions has secured a new contract with the State of Nevada Department of Administration! This is a tremendous milestone for our team and a testament to the hard work, dedication, and professionalism that everyone at LifeSkills Connection brings to the table every single day. This contract represents not only growth for our organization but a powerful opportunity to deliver meaningful impact in Nevada. We are excited about what's ahead!

**Expanding Our Reach: Chicago Forest Service Outreach at Great Lakes Naval Base**  
Big things are also happening in Chicago! Our Forest Service Outreach contract has expanded its recruiting efforts to the Great Lakes Naval Base, where we are now connecting with transitioning service members and helping them navigate their next chapter. There is no more rewarding work than supporting the men and women who have served our country, and we are honored to play a role in their transition. This is exactly the kind of mission-driven work that defines who we are.

### A Fresh Chapter: Holistic Healing Center Rebrand and New Location

Change is in the air — and it looks great on us! The Holistic Healing Center is undergoing an exciting rebrand and is moving to a brand-new location. This evolution reflects our commitment to growth and our dedication to providing the highest quality of care to the communities we serve. Stay tuned for more details on the new name, new space, and everything that comes with it!

As your owners, we want to say this clearly: none of this happens without you. Every contract won, every life touched, and every milestone reached is a reflection of this team's heart and hustle. Thank you for your continued commitment to the LifeSkills Connection mission. The best is truly yet to come!

# Unlock Your Potential: Life Coaching and Personal Growth Workshops Available in Manning!

At LifeSkills Connection Inc., we believe that real transformation begins where inspiration meets action. That's why we are excited to spotlight our Life Coaching and Personal Growth Workshops — a powerful opportunity for anyone looking to achieve greater life balance, advance their career, or simply become the best version of themselves.

## What We Offer

Our coaching services are personalized to your unique journey and cover a wide range of areas, including personal growth, career advice, lifestyle change, mentor guidance, motivator support, and self-improvement. Whether you're navigating a career transition, working to break old habits, or simply looking for a clearer sense of direction, our certified coaches are here to walk alongside you every step of the way.

Both in-person and virtual sessions are available. Book today at <https://www.lifeskillsconnection.com/holistic-healing-center-bookings>

## Meet the Coaches

We are proud to introduce the passionate coaches who make up our team — each with a unique story and a shared commitment to helping others heal, grow, and thrive.

### **Shauna Gross | Transformational Life Coach · Reiki Practitioner · Yoga Instructor**

Shauna's journey began with a BA in Psychology and plans for mental health counseling, but a pandemic-era discovery of holistic healing changed everything. She is now a certified transformational life coach, Reiki practitioner, and yoga instructor — guided by the belief that our darkest moments often give rise to our greatest strengths.

### **Amy Hughes | Reiki · Aroma Healing · Life Coaching**

After years in enterprise software project management, burnout led Amy to a life-changing pivot toward purpose-driven work. Today she offers Reiki, Aroma Healing, and Life Coaching through a heart-centered, intuitive approach rooted in the belief that true healing begins within.

### **Samantha Burkhalter | Reiki · Aroma Healing · Life Coaching**

Samantha has been with the team since day one, growing alongside the business and embracing whatever role is needed. Her work in Reiki, Aroma Healing, and Life Coaching reflects a deep commitment to helping clients find balance, peace, and empowerment — both in sessions and through natural remedies they can use at home.

### **Sheila Reitan | Relationship & Couples Coaching · Youth Coaching · Disaster Recovery Coaching · Reiki · Christian Approach Coaching**

Sheila brings a faith-rooted, compassionate approach across a broad range of specialties. She supports couples in rebuilding trust and communication, empowers teens through spiritually grounded guidance, and walks alongside those healing from trauma or major life transitions. Her Reiki practice and Christ-centered coaching offer clients a safe, nurturing space for emotional, spiritual, and personal growth.

We are grateful for each of these coaches and the unique gifts they bring to our community. Reach out to learn more about working with any member of our team.



## Meet Rose--Taking the Next Step on Her Career Pathway

In October 2024, Rose Hernandez arrived at Frenchburg Job Corps Civilian Conservation Center from North Carolina with a clear goal: to build a strong foundation for her future. Through hard work, determination, and a genuine passion for learning, Rose excelled as a student and successfully graduated before beginning the next chapter of her journey at Morehead State University in January.



Rose's dream is to become a teacher, a goal inspired by the mentors who encouraged her along the way. "I am passionate about teaching and want to help students, just like Mrs. Trimble and Mr. Grady helped me," Rose shared. Mrs. Trimble, a teacher at Menifee County High School, and Mr. Grady Pearson, Frenchburg's Facility Maintenance instructor, both played meaningful roles in motivating and supporting her journey.

While at Frenchburg, Rose participated in a Work-Based Learning experience on campus, where she gained valuable hands-on experience and strengthened her professional skills. She will continue working through Gateway Community Action while attending college in late spring, allowing her to successfully balance employment and higher education as she works toward earning her teaching degree.

Rose Hernandez continues to soar, living proof that with dedication, strong mentorship, and opportunity, success is within reach. Her journey from Frenchburg Job Corps to Morehead State University exemplifies perseverance and highlights the transformative power of education.



**Students at the Cascades Job Corps Center have been keeping busy!**

# Employee Spotlight



**Lindsey Bush,**  
**Youth Connector-KS**  
**Connect**  
**LifeSkills Employee since**  
**November 2025**



Favorite Pet  
*Bella*



First Job  
*Chick-fil-a*



Favorite Hobby  
*Skiing*

What's your role at LifeSkills? Youth Connector--I connect youth with resources to gain meaningful employment.

What three words describe LifeSkills? *Fresh start, Hope, Inspiring*

Which LifeSkills value resonates with you the most?  
*Compassion*

## Spring Into Safety: Essential Tips for the Season

As Daylight Saving Time arrives and warmer weather sets in, spring is the perfect time to refresh your home safety routine. The National Safety Council recommends using the clock change as a prompt to tackle a few simple but important safety checks.

Start with your smoke and carbon monoxide alarms — test them monthly, replace batteries at least once a year, and make sure every bedroom and floor of your home is covered. If you hear a chirping sound, replace the battery immediately.

Take a moment to review your family emergency plan, too. Make sure everyone knows how to communicate, where to meet, and what to do whether you need to shelter in place or evacuate. Keep a home and car emergency kit stocked with essentials like water, food, a flashlight, a first aid kit, and any necessary medications.

A few other quick wins: safely dispose of expired medications at a local drop box or take-back event, review safe storage for household chemicals, and — especially if you have young children — check your windows to prevent accidental falls as they get opened more frequently in the warmer months.

Small steps now can make a big difference when it matters most.

**FIRST AID INFORMATION**

First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. With 5 main aims of first aid are to Preserve life, Prevent the escalation of the illness or injury, Promote recovery, Pain relief, and Protect the unconscious.

**EXAMPLE BASIC LIFE SUPPORT**

- BLEEDING**
  - Apply Pressure: Use a clean cloth, gauze, or your hand to apply firm pressure directly on the wound. Elevate pressure until the bleeding stops.
  - Elevate the Injured Area: If possible, raise the bleeding area above the level of the heart. This helps reduce blood flow to the area.
  - Keep Applying Pressure: Do not remove the cloth or gauze to check if the bleeding has stopped. If it gets soaked through, add another layer on top and continue applying pressure.
- FRACTURES**
  - Immobilize the area: Use a splint or sling to keep the injured limb still.
  - Apply ice: Reduce swelling by applying ice wrapped in a cloth.
  - Seek medical attention immediately.
- CHOKING**
  - Stand behind the person and wrap your arms around their waist.
  - Make a fist with one hand and place it slightly above their navel (belly button).
  - Wrap your fist with your other hand then perform 5 quick, upward thrusts into their abdomen.
- CPR**
  - Position: Kneel beside the victim. Place the heel of one hand on the center of the chest, right between the nipples. Place the other hand on top of the first.
  - Compression Depth: Push hard and fast, compressing the chest at least 1/2 inch deep.
  - Rate: Aim for a rate of 100-120 compressions per minute. Allow the chest to fully recoil between compressions.

Source: National Safety Council

# Make the Most of Your Day: A Guide to Better Time Management

We all have the same 24 hours in a day – but how we use them makes all the difference. Time management isn't just a buzzword; it's a skill that can reduce your stress, boost your productivity, and help you achieve a healthier work-life balance. And the good news? Anyone can improve at it.

## What Is Time Management?

At its core, time management is about working smarter, not harder. It's the practice of organizing and planning how you divide your time so that you get more done, with less stress, and at a higher quality. Employees who manage their time well tend to be more focused, more satisfied at work, and better positioned for career growth.

## Simple Tips to Get Started

You don't need a complete overhaul of your routine to see results. Here are some practical strategies you can start using today:

**Start each day with a plan.** Take just three to five minutes at the beginning – or end – of your day to identify your top priorities. Knowing what matters most keeps you focused from the moment you clock in.

**Break big tasks into smaller steps.** Large projects can feel overwhelming. Chunking them into manageable pieces makes progress feel achievable and keeps momentum going.

**Try time blocking.** Set aside dedicated chunks of time for specific types of work – whether that's emails, customer interactions, or deep-focus tasks. This structure works for every role, from frontline staff to senior leaders.

**Batch similar tasks together.** Grouping phone calls, paperwork, or repetitive steps reduces the mental energy lost when switching between different types of work.

**Limit distractions.** Silence non-essential notifications, organize your workspace, and create an environment – physical or digital – that supports focus.

**Take short breaks.** A quick walk or a moment to step away can reset your brain and actually improve your output. Breaks aren't wasted time; they're an investment in sustained performance.

**Set healthy boundaries.** Whether it's blocking a quiet hour, limiting after-hours emails, or learning to say no when you're overloaded, boundaries protect your long-term productivity.

Reflect weekly. Spend a few minutes each week asking yourself what helped you stay productive, where time slipped away, and what you'd do differently. Small adjustments add up to big improvements over time.

## The Bottom Line

Good time management isn't about squeezing more tasks into your day – it's about making sure the right tasks get the right attention. By being intentional with your time, you can accomplish more, stress less, and enjoy greater satisfaction both at work and beyond.

Start small. Pick one or two tips from this list and try them out this week. You might be surprised how much of a difference even one small change can make.

# Options Ink is your One-Stop Shop for Printing!

With summer right around the corner, don't forget to think of Options Ink for all of your printing needs. Whether it is invitations for graduation or a wedding, t-shirts for a softball team, or a banner for your float for a summer parade Options Ink has you covered. Our team at Options Ink works with you to help your vision come to fruition. Call us today at 712-792-6648 and mention code **NEWSLETTER326** for 15% off your next order.



Did you know Holistic Health provides mental health and wellness care through life coaching and a multitude of self-care and wellness services? Check out Holistic Health on Facebook today!

<https://www.facebook.com/harmonyhealinghope>



The Holistic Healing Center, formerly known as the Healing Heart Center, just moved to a new location in Davenport, Iowa. HHC provides multiple options for customers to meet their self-care needs.

The team at the HHC provides counseling and coaching services to customers in the local area. In addition to these services red light healing, reflexology, acupuncture, massage, chiropractic, and reiki services are available.



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