

EAGA Business Builder

March 24, 2026

Member Speaker: Lawrence Herrera w/ Performance Ranch



**PERFORMANCE
RANCH**

Lawrence Herrera of Performance Ranch recently shared a powerful reminder: one of the most effective stress management tools is something we are already doing every moment—breathing. His session focused on intentional breathing techniques that can immediately reset the nervous system, improve focus, and enhance overall well-being. A key takeaway was the importance of nasal and diaphragmatic breathing—expanding the belly rather than tightening the chest—to fully engage the lungs and reduce tension. Herrera introduced the “physiological sigh,” a simple inhale followed by a slow exhale, as a quick and practical tool to manage stress in real-time, whether in traffic, during a busy workday, or before important meetings.

Beyond breathing, Herrera emphasized that managing stress is foundational to both personal health and professional performance. Chronic stress impacts everything from mental clarity to long-term health risks, making it critical for leaders to take ownership of their well-being. He encouraged members to integrate small, sustainable habits—such as brief movement throughout the day, short walks after meals, and consistent, simple workouts—to maintain resilience. The overarching message was clear: when we take care of ourselves first, we are better equipped to lead our businesses, support our teams, and show up fully for our families.

Contact Information

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Announcements:

- We need badge board attendants for the end of April & May. Please sign up.
- Golfers, we will host this year’s golf tournament on May 29 at Santa Ana Golf Course. Please add it to your calendar. Sign-up sheets will be available in April.
- We will continue to host breakfast at Rio Bravo Brewing through the end of April.

Open House Update:

Thank you, Randy Baker, for generously sharing your brewing operations with our members. Your time, insight, and hospitality made for a truly memorable and valuable experience—one that was greatly appreciated by everyone involved.



New Member Applicant(s)

No new announcements

If you have an objection with any of the above candidates, or if you have information about any of these candidates that should be considered during the review process, please contact our Membership Committee Chairman John Menicucci or Mario Hernandez as soon as possible.

Badge Board Greeters Schedule

March 31- Manny Santos w/ Express Employment
April 7- Bill McConnell w/ Window Fashions
April 14- Mike “Red” Black w/ Big Red Fences
April 21- John Woods w/ Phocus Real Estate
April 28- Open

Speaker Schedule:

March 31- Jack Thompson w/ Guild Mortgage
April 7- Robert Schuerman w/ Medical & Commercial Communications
April 14- Dan March w/ LD Supply
April 21- Mike “Red” Black w/ Big Red Fences
April 28- Open

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