

North Texas

Charter Chapter

March 2016 North Texas Coaches Newsletter

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March 18 Luncheon

Register at <u>www.icf-nt.com</u> or click on Registration Button

Register for the March 18 Luncheon

Pay for this event online when registering

Meeting Details

Time: 11:15 AM to 1:15 PM

Location: Hackberry Creek

Country Club

Address: 1901 W. Royal Lane,

Irving, TX

Phone: 972.869.2631

Web: www.hackberrycreekcc.com

March 18 ICF North Texas Coaches Luncheon

March 18 ICF North Texas Luncheon Program

Are You Walking on Egg Shells with Your Clients? How to Bring Intimacy, Vulnerability, and Courage to the Coaching Relationship

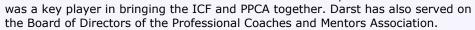
By Cynthia Loy Darst, CPCC, ORSCC, MCC

Named "One of the Top Ten Most Influential Coaches in the US," Darst is playful and inspiring, working with all kinds of people to move them past limitations and into action and fulfillment. Darst became a Certified Professional Co-Active Coach in 1995, and was one of the first to receive the designation of Master Certified Coach from the **International Coach Federation**.

As a Senior Course Leader for both The Coaches Training Institute and The Center for Right Relationship, she delights in traveling the US, Canada, and the world, training others in the skills of Coaching for

training others in the skills of Co-Active Coaching for individuals, partnerships, and organizational systems. She is instrumental in the selection, training and development of new and current leaders for both CRR and CTI.

She was a founding member of the Professional and Personal Coaches Association and served on its Board of Directors. As 1998 **International Coach Federation** Conference Chair, she



Program Description:

It is normal to have clients who challenge us. Perhaps they talk like a bullet train and you don't know how to stop them. Perhaps they don't know how to speak what they feel. Perhaps they make passive comments that indicate an underlying annoyance with you. Perhaps you feel like you have to walk on egg shells in order to maintain a client relationship. Or perhaps you are afraid to raise your rates or to end the coaching relationship.

Whatever the specific challenge is, if you find that you are tolerating a client, numbing your fierceness, or editing yourself—even just a little bit—this program is for you, regardless of how many clients you've coached or how many years of experience you have.

Program Outcomes:

In this powerful conversation you will:

- Learn how to Create a safe and courageous coaching relationship not only for the client, but also for you, the coach.
- Discover new ways to address challenges with clients.
- Find language you can use to have intimate and vulnerable conversations with your clients and free yourself up to be an ever better coach.

CCEUs for this Program: 1 Core Competency credit

March 19 Workshop

Register at <u>www.icf-nt.com</u> or click on Registration Button

Register for the March 19 Workshop

Pay for this event online when registering

Workshop Details

Time: 9:30 AM to 5:30 PM

Location: Hackberry Creek Country Club

Address: 1901 W. Royal Lane,

Irving, TX

Phone: 972.869.2631

Web: www.hackberrycreekcc.com



Would you would like to...

- -Move from stuck to bold action
- -Discover your key purpose
- -Clarify your vision
- -Create an action plan & allies

The Bigger Game Experience, an intimate 2-day workshop, guides you to design who you want to become and the life and work you want to have!

15.25 CEUs

Facilitators: Certified Bigger Game Trainers Katherine Bock and Geri England work with clients to create breakthroughs in life, career and business.

April 2-3, 2016 Element Hotel Irving, TX

Price: Early bird \$595 After Mar 1: \$525

Register:

http://careertalentcoaching.co m/biggergame

For more information: (214) 349-5401 or (214) 789-5910

Saturday, March 19 ICF-NT Workshop

Saturday, March 19 ICF North Texas Workshop

The Top Traps of Experienced Coaches (And How to Get Out Without Chewing Off Your Arm!)

By Cynthia Loy Darst, CPCC, ORSCC, MCC

Location: Hackberry Creek Country Club

Time: 9:30 AM - 5:30 PM Workshop Price: \$329.00

Note: Class size is limited to 24 attendees, so sign up early!

There's not a coach alive who hasn't bored some poor client into leaving. Yikes! Don't let it happen again. Join Cynthia Loy Darst, MCC, for a day of experiential fun and irreverent challenge, guaranteed to arouse your creativity and get you painlessly out of your traps.

All coaches are welcome. However, it is designed for coaches with ACC credentials or above. Experienced coaches will get more out of the program as they have the coaching foundation to build upon.

Workshop Description:

As a professional coach, you do a lot of things to market yourself and build your business. While it is essential for you to bring in new clients, how about making sure that you keep the clients that you already have?

Excellent coaches retain clients and get lots of referrals. That means a lot less energy spent looking for new clients and a lot more time spent coaching.

As you grow in experience and competence, you gain strength and confidence in your coaching. And, along the way, it is normal to fall into some traps and bad habits. If these habits go unchecked, your client roster will start to thin, it will get more challenging to keep and attract clients, and, worst of all, you will start getting bored. Yikes!

CCEUs for this Workshop: 7 Core Competency credits

ICF North Texas Vision and Mission

Vision

ICF-NT will be known as the leading resource for the coaching community and the organizations and individuals it serves, providing:

- A collaborative network of credentialed coaches
- Continuing education
- Impactful contributions to the coaching profession

Mission

To grow and develop a competent coaching community that drives results for coaches and those they serve.



CERTIFIED
CAREER MANAGEMENT COACH



24 hours CCEUs

Two back-to-back modules:

I. The Revolution in Career Planning and Job Search Process

II. Successful Career Tools: Hook, Line & Sinker

Introductory Pricing

One module \$495 Both modules \$795

April 7 - 9, 2016

Call for more information: 972-733-9963

CoachAcademyInternational.com



Experienced Coaching Support

Call (972-607-3692)

or email info@ kismetvirtualassistants.com

today for details on how we can help you achieve your Goals.

President's Message

Hi Coaches,

The month of March softens the chill as winter closes and welcomes the fresh changes of spring. By now you are starting to see some of the subtle changes that your board members have been working on over the past few months.



Our upcoming programs and workshops are taking a slight change of direction with a Saturday workshop in March and a Saturday program in April.

We had a successful webinar in February with plans to have more webinar offerings throughout the year. We are investing in a one-year Zoom membership to have a platform for offering webinars to our chapter members as well as other ICF members.

Our chapter is partnering with the other three Texas ICF chapters (Austin, San Antonio, and Houston) in a Lone Star Alliance group. The leaders of these chapters meet periodically to share ideas and support each other. I also attended an Austin chapter program and the president of the Austin chapter attended our Prism event last October.

These are just a few things that are going on with the chapter. We have much more going on and being planned to maximize your ICF membership experience. I encourage you to visit our website and social media sites to stay up to date on the latest activities.

Registration is now open for the ICF Midwest Regional Conference in Indianapolis, IN. This is one of my favorite conferences and I encourage everyone to attend June 23 – 25. The theme and tone for the conference changes every year with this year focused on "The Crossroads of Coaching." You can get all the details at http://icf-midwest.com/.

I am a huge advocate of change and love the growth that comes with it. Please provide feedback on the changes you are experiencing in the chapter. This is your chapter, so join us on the fantastic journey.

If you change the way you look at things, the things you look at change.

~Wayne Dyer

Randy Fernandes, CPCC, ACC ICF-NT Chapter President



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 Approved and Accredited
- √ All our Trainings are In-Person and Highly Interacive
- √ We Have Decades of Experience to Share With You

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PRISM Points!

PRISM Points!

The year is off to a great start! We are looking forward to exceeding your expectations for this year's PRISM Conclave!

Here's what you need to know:

When: October 2016 Where: TBD - Hotel

Why: To spotlight organizations who are

embedding coaching into their

culture

What: Can you do to help? Volunteer!



- Co-Chair
- Nominating Coordinator
- Sponsorship Coordinator
- Facilities Coordinator
- Registration Coordinator
- Marketing Coordinator

This is your chance to get involved! If you are interested contact Pam Van Dyke at: drpam@teamandgroupcoaching.com.

ICF-NT 2016 Board

President: Randy Fernandes

President-Elect: Jude G Olson

Secretary: Catherine A Oleksiw

Treasurer: Mike Caracalas

VP of Alliances: Stephen Coxsey, MA, PCC

VP of Membership: Timothy S. Kincaid

VP of Prism Program:

Pamela Van Dyke, PhD, PCC

VP of Programs: <u>Laurel A Rolls</u>

VP Public Relations: Erika Horton

VP of Technology: TBD

Ambassador Coordinator:
Alma Weaver Jones

ICF Regional Liaison: Sara C Smith

IFC-NT Board Seeks Technology Member

ICF-NT Seeks Board Member for "Technology" Role

Want to exercise your creative muscle? Have your journalistic skills never been fully appreciated?

The ICF-NT Board has a role for you! We're looking for someone to provide supervision on the website. You don't have to write code or understand pixels. (Although you do have to talk with the technicians who do those things.) Interested?

If so, contact Randy Fernandes at: weallmakechoices@yahoo.com.

Be a Coach for HR Professionals in Transition

We are in our second year of partnership with DallasHR, the DFW chapter of SHRM, to provide pro bono coaching support to its members who are "in transition," (i.e., currently unemployed and searching for a new role). The demand for coaches in this program is starting to rise and we need more volunteer coaches.

The commitment is six hours of coaching over the course of three months, for an individual client. If you are interested, please contact Nihar Chhaya at nihar@partnerexec.com.



Just a friendly reminder to please complete the payment for your monthly meeting reservation at the time you make your reservation in order to earn the early registration price and to be sure we've ordered a meal for you.

Upcoming ICF-NT Programs

April Program for ICF North Texas Coaches

Saturday, April 9 10:00 AM - 4:00 PM

Up Your Coaching Game by Tapping into the Power of Presence Enlighten Your Awareness and Heighten Your Core Competency Skills

By Geri England, Laurel Rolls, Alma Weaver-Jones, Patrice Wheeler



Join us on Saturday, April 9, for an experiential day with the amazing horses at the Wheel O'Life Equine Sanctuary. Whether you choose to incorporate horses into your practice or stay your course, this day will bring you a new perspective on how your energy impacts your clients' results. Explore the magic of *Coaching Presence, Establishing Trust and Intimacy, and Active Listening* with horses as your guide!

Up your coaching game and continue your lifelong learning with this unique program which will move you from *doing* coaching to *being* a superb coach.

CCEUs for this Program: 5 Core Competency credits (applied for)

Register for the April 19 Program by clicking here.

* * * * *

May Program for ICF North Texas Coaches

Friday, May 13

Honoring ICF Global's International Coaching Week

Celebrate Coaching:
A Legacy of Education, Connection, and Transformation

Learn about the legacy of ICF Global and ICF North Texas so you can share the message with your clients and prospects. The program will provide a format for working with pro bono clients through partner organizations as well as a model for laser coaching.

We will include information on pro bono coaching opportunities this year and updates on last year's coaching initiatives.

International Coaching Week

International Coaching Week

Every year in May ICF Global plans International Coaching Week (ICW) as a weeklong celebration of the coaching profession. We incorporate our chapter focus on ICW into our May luncheon meeting to update members on opportunities for spreading the word about coaching and sharing the power of coaching with the community. This year our chapter's recognition of ICW will be at the luncheon on Friday, May 13.

Building on the enthusiastic response that members had to the model Marcia Zidle designed for last year's program, we again want to offer pro bono coaching opportunities. To have a variety of volunteer options available, we would like to hear from you about organizations you are aware of that would be open to welcoming a coaching initiative, whether it is a day of laser coaching or longer term coaching engagements for members or employees.

Please be an ambassador for our chapter if you can. When you have an organization in mind and are able to be a connector for the chapter, please contact the board's new facilitator of Alliances, Steve Coxsey, at steve@stevecoxsey.com. Help us bring the transformational power of coaching to people who are serving our community.

Are You A Lover? ICF-NT Needs Volunteers

Are You a Lover? ICF-NT needs volunteers

The ICF-North Texas Chapter is a volunteer led organization. For those of us who help when we can, it's a labor of love.

Who couldn't use more love in their life? We want to offer you the same opportunity we've been given.

How You Can Help

Regardless of whether you have a little time or a lot, you can help. All skills sets are required to make things run.

- Can you dial a phone?
- Take pictures?
- Shake hands?
- Pass out things?
- Make site visits?
- Write?
- Be creative?

Opportunities are available for you! Here are just some of them:

Program Committee seeks two new members!

Want to have fun meeting and working with great speakers and workshop leaders? Do you love to bring creativity and influence to our programs? We're looking for enthusiastic members to create, shape and bring to the Chapter innovative and thought-provoking programs through lunch programs, workshops, webinars, and COPs. Contact Laurel Rolls at programs@icf-nt.com.

Prism wants volunteers for numerous roles. Willing to be a lead a specialized group? We need chairs for sponsorship, nomination, and selection committees. If you are not sure what you can do but want to help, contact Pamela R. Van Dyke at prism@icf-nt.com.

Ambassador group needs callers. Ever wonder who calls you to remind you about meetings? The Ambassador group does. If you got a little time to help, this is the place for you. Contact Alma Weaver Jones at alma@coachingsynergy.com.

Meeting Support Group needs volunteers. If you are coming to a meeting, help out. Meeting support is need for photography, registration, badges, and many other tasks. Contact Tim Kincaid at memberships@icf-nt.com.

Other ideas? If you have a skill and think we can use it, step up! Contact Jude Olson at pres-elect@icf-nt.com.





ICF Global News

Please click **here** to read the latest ICF Global News!



New From ICF Global

New from ICF Global

Part of the value we enjoy as part of a global organization are the work efforts to keep evolving our profession to match the world in which we practice. So it is with our new Code of Ethics. I realize this isn't the most exciting topic to dive into, but before you stop reading, I'm going to share 3 critical things you need to know about the new code of ethics.

First, the revised ICF Code of Ethics is an up-to-date reflection of the industry. It is accessible to coaches and consumers of coaching alike in simplified language with minimal jargon. The revisions reflect a shift away from a view of coaching ethics as "right or wrong" toward an understanding of ethics as the concepts and principles that direct coaches' behavior. In other words, the revised Code is no longer a document that prescribes what not to do and instead highlights how to be as an ICF coach.

Second, it asks that we understand and reflect our legal responsibilities in our contracts/agreements. Whether you practice in business or with individuals, you need to know the legal limitations around how closely we can actually hold confidentiality. Here is the language/intent we need to use (from Section 4, #26). (I added the highlights.)

Have a clear agreement when acting as a coach, coach mentor, coaching supervisor or trainer, with both client and sponsor, student, mentee, or supervisee about the conditions under which confidentiality may not be maintained (e.g., illegal activity, pursuant to valid court order or subpoena; imminent or likely risk of danger to self or to others; etc.) and make sure both client and sponsor, student, mentee, or supervisee voluntarily and knowingly agree in writing to that limit of confidentiality. Where I reasonably believe that because one of the above circumstances is applicable, I may need to inform appropriate authorities. (The bold is added by me.)

Third, you need to know where to find the Code of Ethics. When we join or renew as members of the ICF, we sign up to understand and adhere to these. And they are worth the review. Here is a link:

http://coachfederation.org/about/ethics.aspx?ItemNumber=854.

This is powerful code developed by colleagues from around the world. This code is evidence of the growing professionalism of coaching and safeguard offered to us as professionals. This is important for our business! If you have any questions, give me a call. I'd be happy to talk.

Sara Smith

New ICF Leadership Institute

New ICF Leadership Institute

There is a new ICF Leadership Institute that has been designed and implemented by the ICF Maryland chapter and is available to any current ICF member. The institute is four 90-minute webinars to help coaches expand their leadership on a broader stage. Upcoming sessions include:

Leadership Presence: i.e., ethics, character, values, impact, managing self for transformation; thinking strategically: i.e., strategic planning, vision, creating outcomes. (Presenter Cheryl Vermey, PCC, Former Global ICF Board Vice President and Chair of High Performing Organization (HPO) Committee. Wed, March 9).

Fostering Collaboration and Managing Conflict: i.e., cultural competence, encouraging diverse teams, shared credit, and effective communication. (Presenter Ed Modell, PCC, ICF Global President 2011 and ICF Metro DC Chapter President 2005. Wednesday, April 13, 2016)

Enrollment is limited, so now is the time to consider it. Attendees can earn CCEUs. To learn more about this exciting offering and to sign up, follow this link: http://icf-md.com/meetinginfo.php?id=65&ts=1449256646.

Welcome to Our ICF North Texas New Members

Dec 19 - Jan 15

Robert Bishop Matt Coats Barbara Hewitt Brent O'Bannon Catherine Rogers Frances Shuster Steve Sosland

Are you newly Credentialed?

Have you recently earned an ICF Coaching Credential?

Your ICF-NT Chapter wants to recognize your achievement.

Please email Timothy S. Kincaid memberships@icf-nt.com) so your professional organization can recognize your accomplishment.

Leverage the ICF Brand

The ICF has invested in great marketing and brand work that is available for use by members. Check out what is available and proudly display your membership in the strongest coaching organization on the planet!



Business Development Community of Practice

COP - BD (Business Development)



The newly formed COP – Business Development is in the early stages of being formed.

Please join us on **Monday, February 29** for a **Zoom Meeting** as we begin to establish our:

- Group Roles / Leadership
- Group Charter
- Group Guidelines
- Group Schedule

Please contact Pam Van Dyke at drpam@teamandgroupcoaching.com to be included on the distribution list.

Ministry Community of Practice

Ministry Community of Practice

If you are interested in coaching in a ministry context, we invite you to join the Ministry Community of Practice (COP) conference call on the fourth Monday of the month from 1:00 PM to 2:00 PM.

Contact Tom Donaldson (<u>tomdon48@hotmail.com</u>) and he will provide you with the link to join. **The next call is Monday, March 28, 2016**.

The purpose of the Ministry Community of Practice (COP) is to:

- 1. Provide opportunities for members to share best practices and learn from each other about the common trends and on how to serve ministry clients of all faiths, both clergy and laity;
- Elevate the awareness, application and support of coaching in a variety of ministry contexts and faith traditions to meet the needs of both clergy and laity within church, home, community and business environments; and
- Identify and share potential business development strategies and coaching opportunities with those desiring to coach within the ministry niche.

Ministry COP Contacts:

Susan Potter (<u>susanpotter@win-fromwithin.com</u>) Tom Donaldson (<u>tomdon48@hotmail.com</u>)

Communications About Coach Training Programs

Publicity for ICF-Approved Coach Training Programs

Periodically you receive emails about ICF-approved coach training programs.

Two email blasts a year are made available to ACTP or ACSTH programs recognized by the International Coach Federation. In addition, these programs must have at least one full member of the ICF North Texas chapter who is in a sales, administrative or faculty position.

This effort aligns with our chapter mission to "Grow and develop a competent coaching community that drives results for individual coaches and those they serve."

Any questions about this should be directed to the VP of Membership at memberships@icf-nt.com.

Update Your Member Profile on the ICF-NT Web Site

Update Your Member Profile Membership in ICF-NT Has its Benefits

The ICF-NT Board has responded to requests from our members for an enhanced "coach" search capability. The enhancement to the member Directory on the website is finished. When people look for a coach on the ICF-NT website, they can now search by key words as well as zip codes. Sounds good, doesn't it? The ICF-NT Member Directory has new and enhanced search capabilities. These "search" criteria are similar to global ICF member profile Directory data points.

It is up to you to *update your Profile*. Follow the instructions below or go to the website and download a copy of the instructions found in the "Members Only Section" and "Member Only Documents." Follow these instructions:

Step 1:

Login to the ICF-NT website. In the upper Right hand corner find "Profile." Click on Profile, which opens to a web page with five dialog boxes.

"Membership Summary" is the top box and it should reflect your current status. If you have a question about your membership, please contact Tim Kincaid: memberships@icf-nt.com.

Step 2

Look at the "Website" box (right column, top box). Click on "Interests." Move your cursor down to "Interests" and update your information in the two boxes on this page.

In the first box, "Coaching Specialties," there are now seven *Coaching Specialties*. Check the boxes of the items that apply to you. The last choice under "Coaching Specialties" is *Available for Speaking or Training Engagements."* Check that box if it applies to you. In the second box, "Coaching Delivery," has four methods to choose. Check all that apply.

When you finish checking your boxes on this page, scroll down and hit the "Save" button. You should receive a confirmation notice that your changes were saved.

Step 3:

Look at the "Personal Info" box (left column, top box). Click on "Contact Info." You will want to update the information on this page. Scroll down and hit the "Save" button at the bottom of the page. You should receive a confirmation notice that your changes were saved.

When updating your contact info, "Website" means your personal website. Enter the full url: http://www.etc.

Step 4:

In the same "Personal Info" Box, move your cursor down to "Additional Membership Data" and click on it to update your information. Then scroll down and hit the "Save" button at the bottom of the page. You should receive a confirmation notice that your changes were saved

Step 5:

In the same "Personal Info" Box, move your cursor down to "Membership Directory" and click on it to update your information. (See the Note on Membership Directory information below.) The information here is what shows on the website. Scroll down and hit the "Save" button at the bottom of the page. You should receive a confirmation box that your changes were saved.

Note on the Social Media sections of Membership Directory:

FB = Facebook. Only enter your name, not the full url.

LI = LinkedIn. Per ICF-NT, enter everything after the <u>www.linkedin.com</u>.

Twitter: This is your username—everything after the @ on Twitter.

NOTE: The "Membership Directory" information is now key word searchable. You will want to include important search terms in your directory information. One possibility is to include an extra paragraph at the bottom. Start with the phrase, "Keywords:" and then include the terms separate by a comma. For example: Keywords: Career coaching, young adults, entrepreneurs, solopreneurs, business plans, business designs, financial coaching, marketing.

Upcoming Chapter Meetings and Programs

YOUR COMPANY NAME



Advertise your services, offer your books, or tout your expertise to ICF-North Texas members

Sign up now to advertise in both our monthly newsletter and on our web site for only:

\$100 quarterly for members and \$150 quarterly for non-members

Discounts for submissions extending beyond quarterly

- ✓ High Res (300 dbi) jpeg ad
- ✓ jpeg no wider than 250 pixels ✓ Ads are subject to approval of ICF-NT's Board
- Artwork and content must be approved and payment made prior to placing ad

Contact Mike Caracalas today (treasurer@icf-nt.com)
to have your ad posted

Friday March 18	ICF-NT Luncheon Program at Hackberry Creek Country Club. Are You Walking on Egg Shells with Your Clients? How to Bring Intimacy, Vulnerability, and Courage to the Coaching Relationship. Presented by Cynthia Loy Darst.
Saturday March 19	ICF-NT Full-Day Workshop at Hackberry Creek Country Club. The Top Traps of Experienced Coaches (and How to Get Out Without Chewing Off Your Arm!). Presented by Cynthia Loy Darst, MCC.
Saturday April 9	ICF-NT Monthly Program from 10:00 AM to 4:00 PM at Wheel O'Life Equine Sanctuary. <i>Up Your Coaching Game by Tapping into the Power of Presence: Enlighten Your Awareness and Heighten Your Core Competency Skills.</i> Presented by Geri England, Laurel Rolls, Alma Weaver-Jones, Patrice Wheeler. This program is in lieu of our regular Friday luncheon. This day will bring you a new perspective on how your energy impacts your clients' results.
May 13	ICF-NT Luncheon Program at Hackberry Creek Country Club. Coaching Week. Learn about the legacy of ICF Global and ICF North Texas so you can share the message with your clients and prospects. This program will provide a format for working with pro bono clients through partner organizations as well as a model for laser coaching.
June 10	ICF-NT Luncheon Program at Hackberry Creek Country Club. More information is forthcoming.

Tell Us About Your Coaching Success Stories!

We'd like to hear about your coaching success stories—the successes of your coaching business and especially your clients' successes. These are an integral part of our ICF North Texas Coaches story. Your experiences remind us of our mission to grow and support a professional coaching community that drives results for individual coaches and those they serve. And sharing your story could help others.

Please take a minute to tell us about a positive experience you've had as a Coach. All stories will be reviewed and documented, and with permission, we may share your story online or in one of our ICF-NT publications.

If you're willing to share your story, please contact **PR@icf-nt.com**.

Thanks!

International Coach Federation—North Texas Chapter www.icf-nt.com

Follow us on:





