

# ICFP December 2019 News

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Check out the latest in the ICFP world!



## December 2019 Newsletter



### Thoughts From The Board

Last month, I attended an event chock full of coaches. As part of kicking off the day, the facilitator posed a question to the group. “Do you feel lonely as a coach?” My immediate reaction was no. I spend my whole day connecting with people. But, I also thought had I been asked the same question two years ago, it would have been a different answer. Getting started on my coaching business after having spent so much of my career in HR where I had a huge network did feel a little lonely. I didn’t have my squad of coaches to ask any and all things. Obviously, a lot can change over the course of two years. When I think back to what brought about the most

change for me, a few things that come to mind that I'd like to share.

Events are not the enemy. First things first, if you use the excuse that you're an introvert to not attend events, it's not going to fly here. I'm a big time introvert. Plenty of people hide behind it as a reason not to show up. Here's the thing, you can prepare yourself ahead of time as well as during and after to alleviate the impact. Own your awkwardness! You'll be in a room of coaches. What better group to support you as you push yourself?! The way I see it, even one piece of learning or one new connection makes your attendance worth it. And there are so many options out there. [Live and in person or virtual](#). Take your pick!

Make the first move. On a regular basis, I'm hit up by fellow coaches who are curious to swap stories. LinkedIN, email, however you choose to go about it, I encourage you to seek out other coaches. I can't put into words how valuable it is to connect meaningfully with other professionals who have "been there, done that." And with Zoom, we're not limited to only connecting with folks in our immediate area ([though I won't lie - ICFP members are a delight & you should connect with them!](#)) You may have a great convo and connect once or twice a year or you could find your new bestie. But you certainly won't by doing nothing!

Get involved. Come on, I'm a board member. You knew this was coming. Being involved in the board has provided so much learning, perspective, new relationships and beyond for me. And I'll be the first to say that prior to joining, I put the ownership on ICF to connect with me. Don't get me wrong, it is partially on the chapter and we're evolving, BUT you also have ownership in this relationship. Like any other relationship, you'll get out of it what you put into it. Even if putting yourself out there makes you uncomfortable!

So, in 2020, I challenge you to show up. [Post on social](#). [Join us at events](#). [Attend a coffee](#). [Reach out to members](#). There's no reason for any of us to feel lonely. Especially with the community of the ICFP that I now know and love in our backyard. On behalf of the board, we hope you have the happiest of holidays and look forward to connecting in 2020!

-Kelly Poulson, ICFP Board Member

ICFP Out In The World & In Action!



Check out ICFP coaches (from left to right) Beth Gordon, Kelly Poulson, Lisa Penn & Lisa Christiansen at a local Coachapalooza event in November.



Look at the smiling faces of this month's Malvern coffee connection! Board member Terry Roethermel, aspiring coach Christina Sacco and conference call participant Nancy Martin (represented by wireless speaker!)

If you've not yet attended a local community coffee, what are you waiting for?! Find out when your next local group meets [here](#).

### All About Learning

As many of you know, twice a year, the ICFP holds a half-day Professional Development Day to enable us to really sink our teeth in above and beyond our monthly meetings. On November 8, Ben Dooley, MCC, facilitated a powerful morning by taking us through his ATEBAR formula for effective coaching. About 40 members and guests convened to have a great breakfast and network before being treated to the learning and interactive exercises. Thanks for contributing to making it a wonderful experience and we look forward to next time.

December is always action packed in the world and ICFP is no different! Join us the week of the 9th for several more chances to develop.

On Tuesday 12/10/19 at 6 pm ET, we'll be hearing virtually from Dr. Dawn Reid on "How to Leverage Community Relationships to Find New Clients." If you're looking for new ways to land clients, Dawn will educate us on leveraging your community, non-profit organizations and the government for relationship building. From how to connect, possible certifications and pros/cons, she'll cover it all. [Register here](#).

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Next up is our dinner meeting on Thursday 12/12/19 at 6:00 pm ET. Mark Sachs, PCC will be leading us in a conversation on "Getting What You Want: Setting Effective Boundaries with Others." If you're looking to help clients set better boundaries, gain insights into what might get in the way as well as ways to support their success, this one's for you! [Register here.](#)

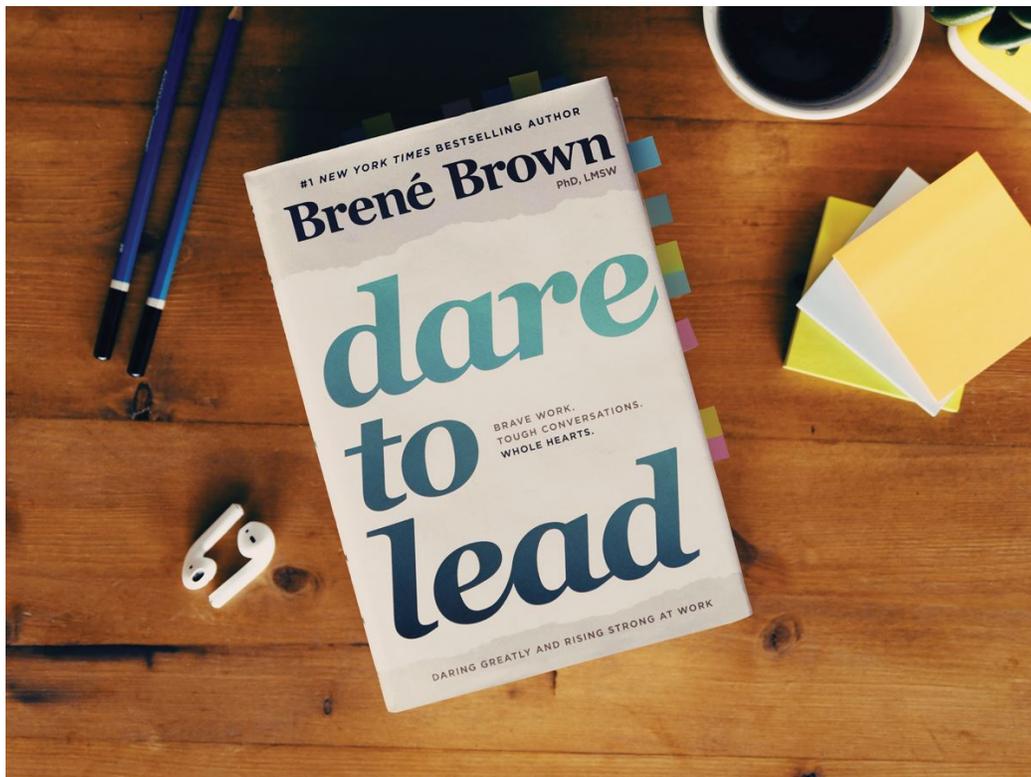
### Looking To Be A Braver Leader?

We have just the solution for you! This May, ICFP's very own Lisa Christiansen & Chris Cavalieri will be educating us on the work of [Brene Brown](#). You read that right. THE Brene Brown and her Dare to Lead program.

Based on the research of Dr. Brown, Dare to Lead™ is an empirically based courage-building program...what Brené refers to as a "skill-based playbook for leaders." The most significant finding from her latest research is that courage is not an inherent quality (you either have it or you don't) but rather it is a collection of four skill sets that are teachable, measurable, and observable.

Through engaging group work, small group sharing, individual reflections, and facilitated discussion (all introduced by video teachings from Brené), you'll get this 'courage work' in your bones. Not only will it change how you work and lead, you'll become a better spouse, parent, and friend... you'll be more courageous in all areas of your life.

Tickets for this event will go FAST! [Get yours today.](#)



### ICF Global Competency Model Update

The ICF has recently announced that the coaching competencies have been updated for the first time in years. This will not only affect how coaching is taught but also how we coach. Here are some resources to help you get acclimated to the new model.

ICF Global will be offering two dedicated webinars for the global ICF community

Tuesday 12/10/19 at 9 am ET - [Register here.](#)

Tuesday 12/10/19 at 6 pm ET - [Register here.](#)

Looking forward to all of ICFP learning & evolving together!

### Team Work Makes The Dream Work

We want to hear what you have to say! And then we want to share it on our social channels, website, newsletter etc. If you're a creator of content (experienced or otherwise) please send us articles, blog posts, videos. Any content you want to be out in the world, we're happy to support you in sharing the message. Feel free to send what you've got to [info@icfphiladelphia.org](mailto:info@icfphiladelphia.org)!

### Business Development Survey Reminder

Would you like to have more clients, coach more, and have a more profitable coaching practice?

As your local ICF chapter, our job is to support you. We want to help you be successful. In previous surveys, many of you said that you would like to know more about business development. Following this direction, we are developing a series of webinars to help you grow your coaching business. We want this program to provide just what you need, in the shortest time possible.

Please complete the confidential survey below. This will allow us to tailor the program to the factors that are most important to you. You will have a chance to win a \$50 Amazon Gift Card by participating

Thank you in advance for completing the survey by December 15. Click here to take the survey >>><https://forms.gle/rbroMHqbMnMWXrKR8>.

### Welcome New Members

Chimae Cupschalk  
Melissa Librach  
Kelly Payne  
Leah Kauffman  
Christine Williams  
Alan Scholnick  
Therese Narzikul  
Cynthia LaPera  
Karen Stratton  
Alicia Daugherty  
Betsy Leahy

### Congratulations - New Credentials Earned!

Mary Cusack, ACC  
Alison Deutsch, ACC  
Henna Pryor, ACC  
Lara Heacock, PCC

**LET'S CONNECT!**





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