

ICFP September 2020 News

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To: Holly J. Kile <holly@hjkglobal.biz>;

Check out the latest in the ICFP world!



September 2020 Newsletter





Message From The Board

By Mo Chanmugham, Esq., ACC - Chair of Marketing & Communications

Fall is here and I'm feeling the energy of a new season beginning. I still associate Fall to that exciting and nervous feeling of starting a new school year. As I come off the slow pace of summer I'm looking forward to reigniting my efforts to serve and grow as a coach.

The seasons serve as a natural reminder to check in with yourself. They show us that life is constantly changing and nothing is permanent. Fall, specifically, carries symbolic themes according to ancient cultures, science, and astrology. Change stands out as an obvious theme, a reminder to accept the impermanence of life and the need of letting go of old ways of thinking and being.

One theme I recently learned about was the theme of "balance." In Fall, the day and night time become the same length. In "Little Pieces of Light," poet and writer Joyce Rupp, speaks of the practice of balancing the light and darkness within us. "I gratefully acknowledge how darkness has become less of an enemy for me and more of a place of silent nurturance, where the slow, steady gestation needed for my soul's growth can occur. Not only is light a welcomed part of my life, but I am also developing a greater understanding of how much I need to befriend my inner darkness." How often do we fight our dark side, avoid it, shame it? Instead what if we saw it as a side of us we can learn from?

As you enjoy the cozy Fall months busily preparing to hunker down before winter hits I invite you to consider the theme of balance in your life both personally and professionally. What are the areas that feel out of balance and where can you be served by more balance in your life?

Shout Out to the ICF Community



Big thanks to our Education Committee led by Makeda Brown for hosting last month's Virtual Summer Social!





Thank you to our members who volunteered for the ICF Global Ignite initiative. Your efforts have had a global impact. We're excited to announce that the ICF Foundation's Ignite: Engaging Humanity Through Education program was awarded with the American Society of Associations Executives (ASAE) Silver Award in its 2020 Power of A awards program! During 2018 and 2019, ICF Chapters worldwide offered more than 75 local pro bono coaching initiatives and over 400 leaders benefited from a total of 1,850 hours of professional coaching donated by ICF-credentialed members! We want to celebrate your impact within this initiative because we could not have done it without you.

September Speaker Event



[Register Here](https://bit.ly/ICFPhilly917)

Speaking to groups is the number one way to build a coaching practice, but only if who you're being in front of the room is as present, authentic, and sincere as when you're interacting with clients. But, what's the key to making it happen?

Never stop being a coach! Apply the same core competencies to speaking as you do to your coaching. Create a safe and supportive environment in your room that honors your audience's agenda. When you're open and flexible in the moment, you create a dynamic synergy with your audience.

Denise Hedges is a business development coach and speaking coach with over 30 years experience in sales and marketing. She specializes in training and coaching business owners to market themselves more effectively using the strategy of speaking. Denise works with coaches to help them move past any doubt about sales and marketing, so they can attract more clients and make more money!

Denise is a Professional Certified Coach and a member of the Coach University Faculty. She trains personal and business coaches all over the world!

Visit her website at: <http://www.DeniseHedges.com>

Are You Coachable?



By Julie Ketover, JD, PCC

Are you coachable?

No really.... are you?

My hunch is that most of us will reflexively say yes. But the truth is that many people are not. This doesn't mean these people can't be coached; coachability is a choice. It's not a fixed state. We can choose it anytime.

It isn't enough to WANT something else/more/different. We also have to be WILLING to do and be what it takes to transform ourselves and our lives. It doesn't always feel good. Coaching is about stretching and growing, so it often feels uncomfortable. [Read More](#)

Message to Volunteers

Get even more from your ICF Philadelphia membership by taking an active role in the Chapter. Use skills you love, or build new ones; build your network; meet and learn from other coaches, or just fill that space in you that wants to give back - ICF Philadelphia has lots of opportunities for you to contribute to the chapter, events, your fellow coaches and the community we serve. Even if you just have a couple of hours a month to contribute, it's easy to get started, have fun, and create some additional value for yourself as a new member. Explore the opportunities [here](#), choose one that is right for you and let us know!

Currently, there are great opportunities to contribute in these areas!

New member ambassadors – reach out to 2-3 new members per month with a phone call to welcome them to ICF Philadelphia and guide them as new members

Governance – an ongoing role to help create and maintain the management structure of the chapter in a way that adds value for members and is sustainable

Events – Take an ongoing role in leading and developing the structure for how we deliver events for members in the most efficient and valuable manner.

Marketing & Communications - If you enjoy expressing your creativity in marketing, branding, writing, and social media then we could use your talents to help build our brand and share our message.

Call for Speakers

Do you have something to say? We are always on the lookout for stellar speakers. If you or someone in your network is ready to help us get to learning, [speaker applications live here](#).

Events At a Glance

September 17, 7:00 - 8:30 PM: The Coach as Speaker: How to Create a Masterful Speaking Presence by Denise Hedges, Free Registration for Members ([Register HERE](#))

September 23, 7:00 - 8:30 PM: Business Development Webinar - How to Set Pricing & Session Structure for Coaching Packages presented by Jeff St. Laurent, Discount Registration for Members ([Register HERE](#))

September 28, 6:30 - 8:00 PM: Core Competency Practicum - Competency #6 - Listens Actively presented by Lynn Meinke, PCC, Free Registration for Members ([Register HERE](#))

October 2, 8:30 AM - Noon: Professional Development Day - Conversational Intelligence for Coaches- (Register [HERE](#))

Did you know that you can find virtual sessions all over the world if you scope out the list from other chapters on ICF global's site? [Check it out here.](#)

[Please check out one of our Community Coffees to connect with other coaches in your area!](#)

Welcome New Members

Arona Smith-Benson

Samantha Miller

Michele Pepe

Gwynedd Warren

Jo-Jo Herndon

Nurit Pegrish

Sara Wachter-Boettcher

Maren Walseth

Joan Davis

Congratulations - New Credentials Earned!

Alexandria Crispino, ACC

Barrett Thompson, ACC

Joseph DiStefano, PCC

Sharon Brokenbough, ACC

Gavin Kerr ACC

Michael Alleruzzo, ACC

Valerie Worthington, ACC

Anne Callan, PCC

Gabriele Garner, PCC

Paul Gaskell, PCC

Susan Jordan, PCC

Micaelle Alexis, ACC

LET'S CONNECT!

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