

June 2019 Newsletter

From the President's Desk:

With its many graduations and weddings, June is often experienced as the month of celebrations, positive change and moving forward. And so it is for me. This is my last month as the President of ICF Philadelphia. I shall be celebrating the many wonderful experiences I've had in my two-year tenure such as: seeing the growth of the chapter, some of the initiatives that have been started including the newsletter, virtual cafes, and being a WBECS partner, and working with a dedicated and inspired Board of Directors. I am also anticipating positive changes for myself as I look forward to reigniting some dormant projects and reinvigorating challenges such as writing a couple of books on coaching and group coaching and updating my website and above all, cleaning my office and getting rid of no longer needed files! And so, I move forward with excitement and vigor, never fully knowing what the road ahead will bring but knowing it will be a grand adventure!



I also look forward to what the new Board of Directors has in store for ICF Philadelphia. This is a chapter of high regard within the ICF Community as it is one of the first charter chapters and is always on the cutting edge of the coaching industry. And so, this new Board will bring its enthusiasm, energy, new ideas and commitment to the profession of coaching as it charts the path ahead for each member and the chapter as a whole. Onward and forward!

With gratitude to each of you

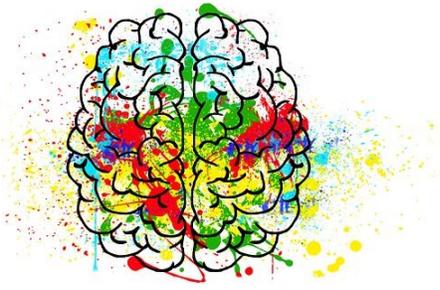
Lynn Meinke

ICF Philadelphia President

P.S. Check out the "Bookshelf" at the end of this newsletter for some of my favorite books on or related to coaching that I also use as resources.

June ICF Philadelphia Chapter Dinner Meeting

**Deepening Awareness: Mindfulness
Practices for Coaching**



Presented by Marjorie R. Johnson,
LCSW, PCC

June 20, 2019

6:00 - 8:30 pm

The coaching process is often described in part as “dancing in the moment.” This dance requires that both coach and client are able to be fully in the moment - aware of distracting thoughts, emotions, perceptions and situations and choosing again to focus on what is occurring in the coaching session.

Join Marjorie Johnson, LCSW, PCC seasoned Coach and Meditation Teacher as she shares how to integrate Mindfulness Practices into coaching. We'll discuss how Mindfulness can enhance the coaching conversation through relaxation, awareness, deep listening and learning.

[Register Here](#)



Events At a Glance:

- **June 12, 2019:**
Wednesday: Virtual Cafe Series - 7-8:15pm Virtual Cafe: Ways to Use Automation in Your Coaching Practice to Save Time and Money presented by Holly Kile Earn 1.25 Resource Development CCEUs ([Register Here](#))
- **June 20, 2019: Thursday 6:00 PM - 8:30 PM** June Dinner Meeting - Deepening Awareness: Mindfulness Practices for Coaching 2.5 Core Competency CCEUs ([Register Here](#))
- **August 5, 2019: Monday 6:30 PM - 8:00 PM** Core Competency Practicum - presented by Lynn Meinke. Join us for these interactive calls via Zoom and earn 1.5 Core Competency CCEUs ([Register Here](#))

Are you a speaker with a topic that delivers core competency CCEUs or do you know someone who is? ICF Philadelphia is currently accepting applications for speakers for open spots in 2019. To apply, please submit a speaker application form [here: http://www.icfphiladelphia.org/Speaker-Application](http://www.icfphiladelphia.org/Speaker-Application)



Access Coaching Tools
used by World Leading
Coaches at the complimentary
WBECS Pre-Summit.

WBECS



Want to meet
some of your
coach
colleagues?

Attend one of
our monthly
Community
Coffees

ICF Global Articles:

ICF has shared the following articles with us.

"Whenever I talk to people who are frustrated, anxious, disappointed in their career or anything that is going on in their life, I always suggest that they get a coach...This

is your investment in you, and it will pay off forever.” —@apwilks
#ExperienceCoaching

Watch this video to find out how #coaching helped @apwilks thrive in her career & life: <https://youtu.be/DTPP-2ij7Bo>. Learn more at <https://www.experiencecoaching.com/> #experiencecoaching

Through Coach Connect, @ICFToronto connects its chapter members with a number local nonprofits to offer #probonocoaching. Read about the success of the program's inaugural year at <http://bit.ly/2EJ5pXg> #CoachingWorld

#ATTN HR, L&D and talent pros: You're invited to complete the @ICFHQ @Human_Capital research survey about #coachinginorganizations <http://bit.ly/2w5fitS>

2019 ICF Global Board Chair @JF_Cousin and ICF CEO discuss the impact #coaching can have on the coach <http://bit.ly/2Wflpv9> via @GeniusGrows podcast



Welcome to Our New ICF Philadelphia Members & Guests!

Welcome to our newest members who joined in May:

Aleksander Skuban
Janelle Hawes
Kate Philips
Sheri Zachary
Shawn Simon
Makeda Brown
Michael Alleruzzo
Charity Hughes
Mary Odabashian
Henna Pryor
Ralph Andracchio
Jennifer Williams, PCC
Lara Kallande
Rachel Biblow



Congratulations - New Credentials Earned!

Congratulations to our members that have attained a new ICF credential! Bravo on all the work you did to attain your credential and build the credibility of professional coaching!

ACC

Stephanie Cassidy, ACC

Kerri Goodman, ACC

PCC

Nicky Westhead, PCC

Aviva Legatt, PCC



The Bookshelf:

Some of Lynn's Favorite Resources:

Belf, Teri-E. *Coaching with Spirit*. San Francisco, CA: Jossey-Bass/Pfeiffer. 2002.

“Coaching with Spirit is an uncommon resource that shows you how to enhance your effectiveness by integrating spirituality into your professional interactions with clients. Written for coaches and managers-of all types and levels of expertise-this book is not a primer on spirituality but rather it is a guide that suggests practical ways you can get into "the zone" and welcome Spirit into your coaching business. Author Teri-E Belf outlines a plan of action for breathing new life into your coaching style and

provides the guide you need to perform the following CPR on your coaching business:

- Connection-- increase connection with yourself, your client, and the whole
- Present-- be fully available in the present moment
- Responsible-- able to respond and be accountable for your choices."

Frederickson, Barbara. ***Positivity***. Harmony Publishers. January 2009.

"World renowned researcher Dr. Barbara Fredrickson gives you the lab-tested tools necessary to create a healthier, more vibrant, and flourishing life through a process she calls "the upward spiral."

You'll discover:

- What positivity is, and why it needs to be heartfelt to be effective
- The ten sometimes surprising forms of positivity
- Why positivity is more important than happiness
- How positivity can enhance relationships, work, and health, and how it relieves depression, broadens minds, and builds lives
- The top-notch research that backs the 3-to-1 "positivity ratio" as a key tipping point
- That your own sources of positivity are unique and how to tap into them
- How to calculate your current positivity ratio, track it, and improve it

With *Positivity*, you'll learn to see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself."

Hicks, Robert F.. ***The Process of Highly Effective Coaching: An Evidence-Based Framework***. New York: Routledge. 2017.

"The Process of Highly Effective Coaching offers a unique blend of theory and practical methods for conducting effective coaching conversations. It provides an umbrella under which all of the major conceptual models for helping people change can not only coexist but work together. In addition to using this integrative approach, The Process of Highly Effective Coaching presents a framework for conducting coaching conversations and for relating the coaching process to the coaching competencies defined by the International Coach Federation, the largest coach-credentialing organization in the world."

Leonard, Thomas J.. ***The Portable Coach: 28 Sure Fire Strategies for Business and Personal Success***. New York: Scribner. 1998.

A great resource. Each chapter could be a presentation. Read some of Thomas' thinking about coaching, clients and creating a satisfying life in the early days of coaching. It was true then. It's true now.

Thornton, Christine. ***Group and Team Coaching (Essential Coaching Skills and Knowledge)***. New York: Routledge. 2016 (2nd Edition).

Christine's book on Group and Team Coaching combines the theoretical perspectives of psychology with the practicalities and skills of group coaching that offers coaches insight into the dynamics and methodologies of group and team coaching. Equally important are some of the distinctions between team and group coaching. Being clear on these distinction makes a profound difference in the way that groups are formed and the outcomes desired.

Williams, Patrick and Diane Menendez. ***Becoming a Professional Life Coach***. New York:W. W. Norton & Co. 2015 (2nd Edition).

“In *Becoming a Professional Life Coach* Pat Williams and Diane Menendez cover all the basic principles and strategies for effective coaching. In this second edition, Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today.

Moving seamlessly from coaching fundamentals to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike.”