

March 2019 Newsletter

From the President's Desk:

While enduring the last vestiges of winter and awaiting the vibrancy of spring, the month of March gives us the opportunity to celebrate St. Patrick's Day, whether your Irish or not! This holiday is celebrated in almost every country. Is this the hope of spring, the need to have some fun and an excuse to drink some beer? Statistics show that more than 13 million pints of Guinness are consumed on March 17 more than any other day of the year! Leprechauns, shamrocks, the "wearing of the green", parades, dancing, singing, dyeing the Chicago River green, corned beef and cabbage, "pots of gold at the end of the rainbow" and the luck of the Irish abound on this day and offer all of us an excuse to lighten up! And so to start your celebration here are a couple of quotes to get you in the mood:



"Luck is believing you're lucky."—Tennessee Williams

"I say luck is when an opportunity comes along and you're prepared for it."—Denzel Washington

"To succeed in life you need three things: a wishbone, a backbone and a funny bone."—Reba McEntire

"Slainte mhaith" which means "Good health" in Irish Gaelic.

Have fun,

Lynn Meinke

ICF Philadelphia President

March ICF Philadelphia Chapter Dinner Meeting

**Finding the Sweet Spot in Your Work,
and Living a Meaningful Life...The
Benefits of Becoming as a Human
and Coach**

At a Glance:

- **March 13, 2019:**
Wednesday: Virtual Cafe Series -
7-8:15pm The Courage to Be
Open: Meeting Each Other in the
Moment with Presence presented
by Greg Knight, DAT, CAR and
Carrie O'Brien, ACC via ZOOM.



Presented by Janet Steinwedel, PhD

Thursday, March 21, 2019

6:00 - 8:30 pm

The more we can come to our work with authenticity—getting past the mechanics of coaching—the more fun we'll have and the more useful we'll be to those we coach.

What does it mean to be authentic? How will you find your sweet spot in your work as an Executive Coach? How can you live your most true and meaningful life?

This presentation will provide 1.5 Core Competency CCEUs and 1.0 Resource Development CCEUs.

[Register Here](#)

Earn 1.25 Core Competency CCEUs ([Register Here](#))

- **March 21, 2019: Thursday:** ICF Philadelphia Dinner Meeting 6:00-8:30. Finding the Sweet Spot in Your Work, and Living a Meaningful Life...The Benefits of Becoming as a Human and Coach presented by Janet Steinwedel, PhD. Earn 1.5 Core Competency CCEUs and 1.0 Resource Development CCEUs at Inn at Villanova ([Register Here](#))
- **April 1, 2019: Monday:** Core Competency Practicum - 6:30 - 8:00 pm Core Competency #3: Establishing Trust and Intimacy. 1.5 Core Competency CCEUs. (Registration open soon)
- **April 10, 2019: Wednesday:** Virtual Cafe Series - 7-8:15pm Virtual Cafe: What is a Virtual Assistant and How Can I Use One to Grow My Coaching Practice presented by Holly Kile. Earn 1.25 Resource Development CCEUs ([Register Here](#))

Want to meet
some of your
coach
colleagues?

Attend one of
our monthly
Community
Coffees



****New Offering:**

Core Competencies Practicum: Understanding and Practicing the ICF Core Competencies in the context of the PCC Markers

Are you working towards earning an ICF credential? Has it been awhile since you visited the Core Competencies? If you got your ICF credential more than three or four years ago, you may not be aware that there have been some changes in the expectations for what it means to coach at the PCC level. The creation and implementation of the PCC Markers to assess a candidate's coaching has raised the bar for what it means to hold this valued credential.

Each month this Core Competencies Practicum will provide an overview of a particular competency and combine it with an understanding of the PCC Markers that accompany it by using designed exercises and practice to anchor in this enhanced level of coaching. These exercises are being used by several schools of coaching and were designed by Lynn Meinke, PCC, who has taught and mentored coaches about the Core Competencies for approximately 20 years.

Each of the nine monthly meetings will provide 1.5 Core Competency CCEUs. The Practicum will be held the first Monday of the month, except when noted, from 6:30 pm-8:00 pm. Join this exciting adventure as you enhance your coaching skills by applying these cutting edge criteria.

ICF Global Articles:

ICF has shared the following articles with us.

Stand out from the crowd: Renew your @ICFHQ Membership today at <http://coachfederation.org/renew> #MyICFMembership #ICFproud

We want to celebrate experienced #coaches. Nominate a peer now for the #ICFCircleOfDistinction <http://bit.ly/2yIkA1P>

Do you know a young, emerging #thoughtleader in #coaching? Maybe even yourself? If so, consider nominating for the #ICFYoungLeader Award. Learn more at <http://bit.ly/2kJwd2f>

We'll be talking about #ICFCredential renewals in the next #CatchingUpWithICFCredentialing #FacebookLive on March 20 at 2 p.m. (New York) <https://www.facebook.com/icfhq/>

#Coach @halinaczubala shares how to stay fresh and focused so that we can best serve our #coaching clients <http://bit.ly/2C8Ltf> #CoachingWorld



Welcome to Our New ICF Philadelphia Members & Guests!

Welcome to our newest members who joined in February:

Stephen Decker
Maria Lynn Fanelli
Debbie Gerbec
Charles Hough, Jr.
Aviva Legatt
Mark Lewis
Stephen Manos
Vincent Schiela
Deborah Thomas
Kandi Wiens



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

Anne Callan, ACC

Marcia Jacquette, ACC

Jesyka Simpson, ACC

THE BOOKSHELF



The Bookshelf:

Almaas, A.H. **Diamond Heart: Book One: Elements of the Real in Man.** Kindle Edition. Harvard Shambala, September 2000.

First in the four-book Diamond Heart series, this collection of essays--taken from transcripts of seminars A.H. Almaas delivered over a several-year period--is an effective introduction to the Diamond Approach of inner realization. Lamenting that human suffering is due to not living up to one's human potential, Almaas proceeds to lay out in detail a uniquely modern and strictly logical path to enlightenment--its purpose to regain one's palpable human essence. Carefully leading the reader through stages of increasing depth and subtlety, he reveals hidden self-knowledge. Chapters with simple titles such as "Value," "Truth," and "Trust" open doors to realizations that result in relief from existential angst. If you have ever felt you were missing something you couldn't quite name, chapter 2--"The Theory of Holes"--is worth the price of admission. --*Randall Cohan*

Steinwedel, Janet. [The Golden Key to Executive Coaching...and One Treasure Chest Every Coach Needs to Explore.](#) Chiron Publishing, September 2015.

The Golden Key to Executive Coaching is a unique contribution to the field of professional leadership development. What distinguishes Janet Steinwedel's approach is her incorporation of the lessons of depth psychology--particularly the work of Carl Jung--into her outlook and methodology. Within this accessible volume, Dr. Steinwedel also offers practical wisdom gleaned from her academic background in Human and Organizational Systems, in such corporate roles as Director of Leadership and Business Effectiveness at AstraZeneca Pharmaceuticals, Assistant Vice President of Leadership and Organization Development at Delaware Investments, and 10 years as President of Leader's Insight, her own executive coaching company. While *The Golden Key* is primarily written as a guide for other executive coaches, it contains much of value for all those seeking to more fully integrate their authentic selves into their professional careers. It may also serve as a "plain language" primer to the thought of Carl Jung, one of the most insightful, far-reaching minds of the 20th century.

"Janet Steinwedel's *The Golden Key* is a profoundly useful addition to the theory and practice of coaching. What so many of her predecessors have missed is the simple, but ineluctable fact that both participants, coach and client, are human beings with their own psychological mechanisms and processes. Her book brings many of the insights of depth psychology to the practitioner who otherwise may be limited to behavioral strategies which in the end are always undermined by the human psyche.

No relationships can be any more evolved than how we are related to our inner world, for what we ignore there will continue to tumble through us into the world. Steinwedel's book brings insights and tools to this collaborative process which can only deepen the coaching practice through deepening the practitioner." James Hollis, PhD Author and Jungian Analyst in Washington, D.C.

Steinwedel, Janet S. [Authenticity as an Executive Coach: Waking up the Wounded Healer Archetype: A book on the use and challenges of projection in Organizational Coaching \(Steinwedel Red Book Series\)](#). Chiron Publications. October 2017.

It is all about conscious practice," asserts Dr. Steinwedel. In an effort to encourage more consciously engaged organizations, Janet Steinwedel, author of The Golden Key to Executive Coaching, brings us back to critical reflection on oneself – the Coach – and the work she or he does on her or his own inner life.

This connection of ego and the Self archetypes establishes conscious awareness in service to the Coach's well-lived life and in support of the meaningful lives of others.

It is in relationship with others that all of our "stuff" shows up. We bring our histories with us. Our childhood wounds, expectations and experiences, along with our cultural influences and biases, all tag along in every interaction in which we find ourselves. Without our conscious awareness, we confuse what really is with what we fear might be, or with what unknowingly haunts us. This work is a process—it is our life—and it will enable our growth and the growth of others in countless meaningful ways. This is the work of authenticity and individuation and we gain access to it through understanding archetypes.

Send us the titles of your favorite books on or related to coaching or an article you like or have written on coaching. Send your suggestions to: CoachingServicesIntl@gmail.com