

## May 2019 Newsletter

### From the President's Desk:

A well-known statement for this month is, "April showers bring May flowers." And for sure that has happened before our eyes. What a beautiful spring it is!



A lot is also blossoming here at ICF Philadelphia:

- We have elected new members to be on the ICFP Board of Directors. We elect approximately half the Board each year so that we maintain continuity while bringing in new ideas and energy. Thanks to all of you who voted!
- The Professional Development Day is today with two outstanding topics and speakers: Suzanne Kaplan speaking on Coaching Across Generations and Sarah Halley introducing us to Presence Based Coaching. Register now!
- May's Virtual Café on Wednesday, May 15 will feature Kate Parsons, CPC, CRS, who will introduce us to Recovery Coaching and share some very important state information as well. Register for this important event.
- NEWS FLASH: ICF Philadelphia is proud to announce its partnership with WBECS, The World Business and Executive Coach Summit 2019. "Taught by some of the world-leading experts in the coaching profession, (their) programs offer deep insights into innovative and dynamic coaching disciplines, allowing you to elevate your skills and serve your clients at the highest level." Stay tuned for upcoming messages, especially on the Pre-Summit complimentary calls that will take place from May 28 through June 13. The full Summit will take place between September 2019 and May 2020. Between the Pre-Summit and the Full Summit over 200 CCEUs are available!

Take a look at the "Bookshelf" for some great resources by Doug Silsbee, the founder of Presence Based Coaching. He passed away in November 2016. His work is being continued through Bebe Hansen and Sarah Halley.

Enjoy the rest of spring, as we also get ready for school reunions and celebrating so many graduations!

cheers!

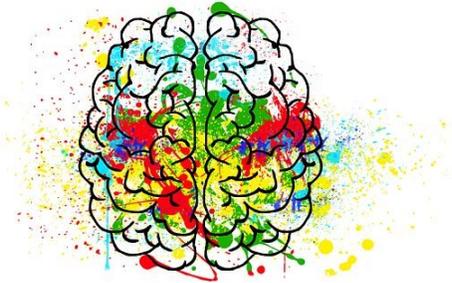
Lynn Meinke

ICF Philadelphia President

---

# 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](#)

## At a Glance:

- **May 15, 2019:**  
**Wednesday:** Virtual Cafe Series - 7-8:15pm Virtual Cafe: Introduction to Recovery Coaching presented by Kate Parsons, CPC, CRS Earn 1.25 Core Competency CCEUs ([Register Here](#))
- **June 3, 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](#))
- **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)



## ICF Global Articles:

ICF has shared the following articles with us.

“The need and value for coaching continue to grow. It’s a human need. It’s sorely needed in our world,” says @LisaAnnEdwards, who shares the impact of the #ICFFoundation Ignite initiative to date in this #CoachingWorld article <http://bit.ly/2XXNFPk>

Dianna Anderson, MCC, of @Cylent, shares how giving feedback without #coaching is like giving a gift without batteries: Coaching can help the person make the feedback work for them. Read more in this @atd article at <http://bit.ly/2IXghof>

Remain a part of the @ICFHQ global community by renewing your #ICFMembership today at <http://coachfederation.org/renew> #MyICFMembership #ICFproud

One coach shares how to shift through the 7 gears of a #coaching conversation to best support your client <http://bit.ly/2H1uQVU> #CoachingWorld

This @Entrepreneur article makes the case for why #mindfulness is a #musthave skill <http://bit.ly/2VCQEMl>



## Welcome to Our New ICF Philadelphia Members & Guests!

Welcome to our newest members who joined in March:

Joseph Gollotto  
Richard Fisher  
Michele Trageser  
Rhonda Petit  
Nancy Adams  
Ronald Ettinger  
Karen Rivera-Gorski  
Debbie Crouse  
Linda Marshall



## 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**

Lucy Ford, ACC

Meghan Roberts, ACC

Vincent Schiela, ACC

Shelley Smith, ACC

Ann Stamer, ACC

## PCC

Neil Bryant, PCC

Marybeth Hallman, PCC

Martin Scott, PCC



## The Bookshelf:

### Books that focus on Presence-Based Coaching:

Silsbee, Doug. **Presence-Based Leadership: Complexity Practices for Clarity, Resilience, and Results That Matter**. Yes, Global Inc./February 7, 2018.

“Presence-Based Leadership is founded on this liberating premise: leaders' most crucial and complex challenges, rather than being obstacles, are actually doorways for becoming precisely the leader that current conditions require.

Here is a rich field guide to the territory of complexity, and how leaders can navigate it with leading-edge approaches that generate clarity, resilience, and results that actually matter.

Silsbee's new book is his most expansive. A master of integration, he seamlessly weaves fields as disparate as complexity, leadership and adult development theory, mindfulness, and interpersonal neurobiology into a deeply human exploration of how leaders can bring the fullness of their humanity to the most intractable challenges they face. His immensely pragmatic approach grounds new perspectives with intimate real-world examples. He offers specific, field-tested experiments and practices that invite the reader into discovery and application.

This is a radically new and integrated approach to leadership, through which leaders can tap the creativity and resourcefulness of their internal complexity in order to meet a complex world. Through cultivating an embodied leadership presence,

readers will become more dynamic shapers of the context in which they lead, and a creative force for what matters in a fractured and dynamic world.

Presence-Based Leadership is the third and final volume in Doug Silsbee's groundbreaking and influential trilogy on coaching and leadership.”

Silsbee, Doug. **The Mindful Coach: Seven roles for helping people grow.** Ivy River Press Inc./April 2004.

“The Mindful Coach offers a powerful approach to developing effective coaching skills using a seven-part model. The book’s emphasis on mindfulness also taps into the growing contemporary interest in spirituality and meaning in the workplace.”

Silsbee, Doug. **Presence Based Coaching: Cultivating Self-Generative Leaders Through Mind, Body, and Heart.** Jossey-Bass./November 2008.

“Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.”

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](mailto:CoachingServicesIntl@gmail.com)