

## April 2017 Newsletter

### In This Issue

[April 14 ICF-NT Luncheon](#)

[Envision Ad](#)

[Connecting ICF-NT with  
the Community](#)

[President's Message](#)

[ICF-NT Supports Women Veterans](#)

[Renew ICF Membership in 2017](#)

[Join the Membership Committee](#)

[ICF-NT's Facebook Group Now Online](#)

[Update Your Member Profile on  
ICF-NT Website](#)

[Upcoming Chapter Events](#)

### April 14 Luncheon

**Register** at [www.icf-nt.com](http://www.icf-nt.com)  
or click on Registration Button

*Register by March 6: \$30  
Register after March 6: \$40*

**[Register for the  
April 14 Luncheon](#)**

***Pay for this event online  
when registering***

#### Meeting Details

**Time:** 11:15 AM to 1:15 PM  
**Location:** Hackberry Creek  
Country Club  
**Address:** 1901 W. Royal Lane  
Irving, TX 76051  
**Website:** [www.hackberrycreekcc.com](http://www.hackberrycreekcc.com)

### April 14 Luncheon Program

#### April 14 Luncheon Program

#### Learn the Physiological Keys to Being Exceptional Every Day

By Eileen McDonald

Our April 14 luncheon program features Eileen McDonald, Cofounder and Chief Coaching Officer at Axeos Performance Institute. Eileen works with top performers in corporate settings along with managing a successful private coaching practice. She brings advanced approaches from neuroscience, behavioral physiology, and systems theory, which allows her clients to observe their physiological stress response and manage their everyday stressors. She assists her clients in identifying patterns, behaviors, and characteristics that inhibit optimal performance.



In 2016, Eileen and her partner were awarded two patents that secure the intellectual property of a unique combination of techniques and technologies used to assess stress markers in the body and boost cognitive performance. The system provides individuals with real-time accurate and scientific measurements of how the mind, body, and autonomic nervous system operate while performing daily activities and challenges.

Eileen has over 25 years as a Register Nurse. During her nursing career, she specialized in areas such as adult cardiac care, pediatric intensive care, neonatal intensive care, patient education/coaching, and also held positions in management and leadership.

Ellen holds the following certifications:

- American Holistic Nursing Credentialing Corporation Coach
- Certified Behavioral Biofeedback and Capnography
- Certified Conversational Intelligence Enhanced C-IQ Coach

#### Program Description:

Coaching is an innovative approach in which the mind, emotions and physical body are seen as playing critical roles in managing performance. The first step in managing one's self is understanding the function of the body's unique nervous system, or body signals, which are the *invisible* somatic cues that lead to *visible* changes in presence, presentation and performance.

*Continued on Page 2 . . .*

# Envision COACH TRAINING



**Get World-Class  
COACH TRAINING**  
from experts in the field

*"...an incredible journey and transformation..."*

*"...truly transformational..."*

*"...an AMAZING program..."*

**LEARN MORE**



**ICF Global News**

Please click [here](#)  
to read the latest  
ICF Global News!

## April 14 Luncheon Program (Continued)

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In this fast paced VUCA (volatile, uncertain, complex, and ambiguous) world, many of our clients are overwhelmed and stressed-out and not performing at their optimal level. Most individuals are unaware that the body's physiology is the key to reaching optimal performance. When our system is out of balance, we act in ways that don't seem rational. We have difficulty in sustaining attention, become less adaptable, and damage our own wellbeing.

Professional athletes understand the importance self-management and utilize techniques to achieve self-awareness, self-observation and self-regulation in order to be at the top of their game. The same principles can be applied to any top performer. More skillfully regulating the nervous system leads to improved focus, longer attention span, and increased productivity.

### Learning outcomes:

In this presentation, Eileen will explain how the nervous system works to enhance or derail performance and give you tools to assist you and your clients to be exceptional every day. In this session, expect to learn about:

- Physiological reactions to stressors and why this keeps clients from performing at their best
- The physiology of peak performance
- The importance of self-awareness, self-observation and self-regulation in enhancing performance
- Techniques to help our clients transform their physiological stress to productive efforts

**CCEUs for this program:** 1 CCEU

## Connecting ICF-NT With the Community

### We Are Connecting ICF-NT with the Community

The Board has an expanded view of the Alliances role this year. Recently the focus has been on planning pro bono coaching opportunities in partnership with local nonprofit agencies as part of the celebration of International Coaching Week. The role is evolving from planning an event for International Coaching Week to connecting ICF-NT with our community.

The plan for Alliances this year is to cultivate existing relationships and develop new relationships between ICF-NT and four groups:

1. The local business community
2. Other professional associations
3. Other ICF chapters in Texas and within the Southeast Region
4. Service organizations and agencies that provide members the opportunity to offer pro bono coaching



To continue developing this plan and begin implementing it, we are creating an Alliances Committee. The committee is in need of people with a variety of strengths and talents, including ideation, crafting messages (marketing and PR), networking, strategic thinking, organization, hospitality, and presentations.

If you have an interest in helping create and build up our connections with the community please email Alliances Coordinator Steve Coxsey at [steve@stevecoxsey.com](mailto:steve@stevecoxsey.com). We will have a Zoom meeting soon to bring the group together and move the plan forward.

## ICF North Texas Vision and Mission

### Vision

ICF-NT will be known as the leading resource for the coaching community and the organizations and individuals it serves, providing:

- A collaborative network of credentialed coaches
- Continuing education
- Impactful contributions to the coaching profession

### Mission

To grow and develop a competent coaching community that drives results for coaches and those they serve.

*Just a friendly reminder to please complete the payment for your monthly meeting reservation at the time you make your reservation in order to earn the early registration price and to be sure we've ordered a meal for you.*

### Are you newly Credentialed?

Have you recently earned an ICF Coaching Credential?

Your ICF-NT Chapter wants to recognize your achievement.

Please email Tracy Cadorine ([memberships@icf-nt.com](mailto:memberships@icf-nt.com)) so your professional organization can recognize your accomplishment.

## President's Message

### April 2017 . . . ICF is "Leading into the Future"



Reporting headlines from the Global Leaders Forum (March 23-26)  
In Warsaw, Poland

The mission of ICF is to "lead the global advancement of the coaching profession" and the numbers show your professional ICF coaching association is healthy and in high growth.

#### ICF Membership Grows:

- To 30,000 Members from 140 countries
- A Credential milestone last year: 20,000 ICF credential-holders

#### Chapters are Added:

Arkansas-Oklahoma, Bahrain, Costa Rica, Dominican Republic, Egypt, Jordan, North Florida, and Tunisia

- ICF currently has 131 chapters and charter chapters in more than 70 countries
- Compared to March, 2016, at 125 chapters in 60 countries

#### Regional Advisory Councils Develop to:

- Bridge between ICF Chapters and Global (ICF-NT met with the Southeast RAC in Warsaw)
- Work to create synergy in regions and offer guidance on how to best serve members in local communities

#### ICF Global Leaders Meet and Strategize:

- First year in 2016 in Charlotte, NC: 170 leaders from 56 countries
- This year in 2017 in Warsaw, Poland: 203 leaders from 68 countries
- Our own Sara Smith, MCC (USA) was introduced as a new member of the 2017 ICF Global Board of Directors and did a great job of facilitating many of the sessions!

#### Strategic Plan to Expand the Scope and Influence of ICF by:

- Establishing a Thought Leadership Institute to capture what coaching is today and inform our decisions for the future
- Expanding activities of the ICF Foundation (which ICF-NT will explore joining this year)
- Creating offerings for organizations and corporations building coaching cultures

More details about these exciting headlines will be shared in our upcoming Program meetings, website and newsletter updates, and our **Annual Chapter Meeting scheduled for November 10.**

I invite you to help our chapter continue the journey of ICF to 'lead into the future' with *Excellence, Relevance and a Strong global voice!* Speak up, volunteer and share your ideas with me at [President@icf-nt.com](mailto:President@icf-nt.com).



Jude Olson, PhD, ACC, ICF-NT President

## ICF-NT 2017 Board

**President:** [Jude Olson](#)

**President-Elect:**  
[Catherine Oleksiw](#)

**Secretary:** [Tim Kincaid](#)

**Treasurer:** [Mike Caracalas](#)

**Past President:**  
[Randy Fernandes](#)

**Programs:** [Kristin Roberts](#)

**Membership:** [Tracy Cadorine](#)

**Social Media:** [Norma Martinez](#)

**Alliances:** [Steve Coxye](#)

**Prism:** [Christine Horstman](#)

**Technology:**  
[Neil Phillips \(Temporary\)](#)

## Member News

*Five of our members have received ACC (Associate Certified Coach) or PCC (Professional Certified Coach) credentials from ICF:*

**CurVie Burton, ACC**  
**Matt Coats, PCC**  
**Suzan Dick, ACC**  
**Allison Pollard, ACC**  
**Lisa Reynolds, ACC**

*Congratulations to CurVie, Matt, Suzan, Allison, and Lisa!*

## Welcome to Our ICF North Texas New Members

**Feb 22 — March 23**

John Allen  
Gerald Carrigan  
Kimberly Hutchings  
Julia Nielsen  
Marie Raines  
Nina Rios-Doria

## ICF-NT Supports Women Veterans

### ICF-NT Supports Women Veterans

We are pleased to announce our recent partnership with Attitudes & Attire's **Boots to Heels** program supporting women veterans. We have many coaches who have volunteered their time to coach veterans through their transition to civilian life. We are looking forward to growing our partnerships across the community and appreciate all of you for your commitment.

Women who have served in the military are returning home to the U.S. in record numbers, and many are facing new battlefields as they transition back to civilian life. Often dealing with post-traumatic stress disorder, female veterans can be plagued by fear, loneliness, distrust and anger. Though it seems outrageous and unthinkable, poverty and even homelessness are very real problems for the brave women who have served our country.

The **Boots to Heels** program holds workshops exclusively for women veterans. These special group sessions give women who have served in the military the camaraderie of being with peers who understand the unique experiences that have impacted them and the challenges they face when returning home. The program collaborates with referring agencies that serve female veterans and is expanding its outreach every day.

There will be a lunchtime presentation on Wednesday, May 10 to explain their volunteer services. If you would like to hear more about this partnership or want to sign up to volunteer to coach participants in the program, please contact Melissa Walker at 972-897-4866 or [melissawalker@nextcareerconsulting.com](mailto:melissawalker@nextcareerconsulting.com).

## ICF Global 2017 Membership Renewal Season

### Invest in Yourself Renew Your ICF Global Membership Today

ICF-credentialed coach members, like you, stand out in a crowded marketplace because they represent excellence.

According to the [2016 ICF Global Coaching Study](#), there are an estimated 53,300 professional coach practitioners worldwide. Of those coach practitioners, 69 percent say they hold a coaching credential.

Continue to stand out from the crowd by [renewing your ICF Membership](#) for another year.

[Renew early](#) and receive access to three of the most popular sessions from ICF's [Business Development Series \(BDS\)](#). These sessions cover key topics including measuring ROI of coaching and booking paid speaking engagements, along with an introduction from BDS host William Arruda.





## Update Your Member Profile on the ICF-NT Web Site

### Update Your Member Profile Membership in ICF-NT Has its Benefits

The ICF-NT Board has responded to requests from our members for an enhanced “coach” search capability. The enhancement to the member Directory on the website is finished. When people look for a coach on the ICF-NT website, they can now search by key words as well as zip codes. Sounds good, doesn’t it? The ICF-NT Member Directory has new and enhanced search capabilities. These “search” criteria are similar to global ICF member profile Directory data points.

It is up to you to *update your Profile*. Follow the instructions below or go to the website and download a copy of the instructions found in the “Members Only Section” and “Member Only Documents.” Follow these instructions:

#### Step 1:

Login to the ICF-NT website. In the upper Right hand corner find “Profile.” Click on Profile, which opens to a web page with five dialog boxes.

“Membership Summary” is the top box and it should reflect your current status. If you have a question about your membership, please contact Tracy Cadorine: [memberships@icf-nt.com](mailto:memberships@icf-nt.com).

#### Step 2:

Look at the “Website” box (right column, top box). Click on “Interests.” Move your cursor down to “Interests” and update your information in the two boxes on this page.

In the first box, “Coaching Specialties,” there are now seven *Coaching Specialties*. Check the boxes of the items that apply to you. The last choice under “Coaching Specialties” is *Available for Speaking or Training Engagements*. Check that box if it applies to you. In the second box, “Coaching Delivery,” has four methods to choose. Check all that apply.

When you finish checking your boxes on this page, scroll down and hit the “Save” button. You should receive a confirmation notice that your changes were saved.

#### Step 3:

Look at the “Personal Info” box (left column, top box). Click on “Contact Info.” You will want to update the information on this page. Scroll down and hit the “Save” button at the bottom of the page. You should receive a confirmation notice that your changes were saved.

When updating your contact info, “Website” means your personal website. Enter the full url: <http://www.etc>.

#### Step 4:

In the same “Personal Info” Box, move your cursor down to “Additional Membership Data” and click on it to update your information. Then scroll down and hit the “Save” button at the bottom of the page. You should receive a confirmation notice that your changes were saved

#### Step 5:

In the same “Personal Info” Box, move your cursor down to “Membership Directory” and click on it to update your information. (See the Note on Membership Directory information below.) The information here is what shows on the website. Scroll down and hit the “Save” button at the bottom of the page. You should receive a confirmation box that your changes were saved.

Note on the Social Media sections of Membership Directory:

FB = Facebook. Only enter your name, not the full url.

LI = LinkedIn. Per ICF-NT, enter everything after the [www.linkedin.com](http://www.linkedin.com).

Twitter: This is your username—everything after the @ on Twitter.

**NOTE:** The “Membership Directory” information is now key word searchable. You will want to include important search terms in your directory information. One possibility is to include an extra paragraph at the bottom. Start with the phrase, “Keywords:” and then include the terms separate by a comma. For example: Keywords: Career coaching, young adults, entrepreneurs, solopreneurs, business plans, business designs, financial coaching, marketing.

## YOUR COMPANY NAME



Advertise your services,  
offer your books,  
or tout your expertise to  
ICF-North Texas members

Sign up now to advertise in both  
our monthly newsletter and on  
our web site for only:

\$100 quarterly for members and  
\$150 quarterly for non-members

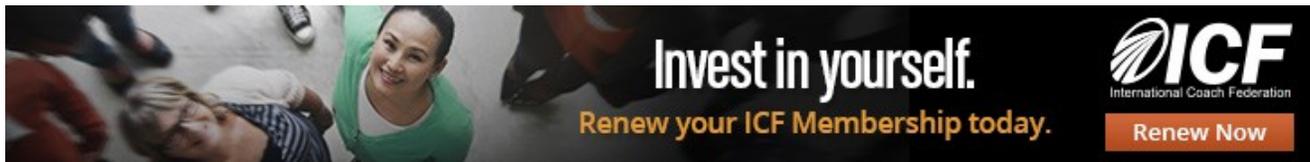
Discounts for submissions  
extending beyond quarterly

- ✓ High Res (300 dpi) jpeg ad
- ✓ jpeg no wider than 250 pixels
- ✓ Ads are subject to approval  
of ICF-NT's Board
- ✓ Artwork and content must be  
approved and payment made  
prior to placing ad

Contact Mike Caracalas today  
([treasurer@icf-nt.com](mailto:treasurer@icf-nt.com))  
to have your ad posted

## Upcoming Chapter Meetings and Programs

April 14	ICF-NT Luncheon Program at Hackberry Creek Country Club. <i>Learn the Physiological Keys to Being Exceptional Every Day.</i> Presented by Eileen McDonald.
May 12	ICF-NT Luncheon Program at Hackberry Creek Country Club. Information is forthcoming on the speaker and topic for May.
June 9	ICF-NT Luncheon Program at Hackberry Creek Country Club. Information is forthcoming on the speaker and topic for June.
July 14	ICF-NT Luncheon Program at Hackberry Creek Country Club. Information is forthcoming on the speaker and topic for July.
August 11	ICF-NT Luncheon Program at Hackberry Creek Country Club. Information is forthcoming on the speaker and topic for August.
September 8	ICF-NT Luncheon Program at Hackberry Creek Country Club. Information is forthcoming on the speaker and topic for September.



**Invest in yourself.**  
Renew your ICF Membership today.  [Renew Now](#)

### Tell Us About Your Coaching Success Stories!

We'd like to hear about your coaching success stories—the successes of your coaching business and especially your clients' successes. These are an integral part of our ICF North Texas Coaches story. Your experiences remind us of our mission to grow and support a professional coaching community that drives results for individual coaches and those they serve. And sharing your story could help others.

Please take a minute to tell us about a positive experience you've had as a Coach. All stories will be reviewed and documented, and with permission, we may share your story online or in one of our ICF-NT publications.

If you're willing to share your story, please contact [PR@icf-nt.com](mailto:PR@icf-nt.com).

**International Coach Federation—North Texas Chapter**  
[www.icf-nt.com](http://www.icf-nt.com)

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