

May 2017 Newsletter

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May 12 Luncheon

Register at www.icf-nt.com
or click on Registration Button

*Register by May 8: \$30
Register after May 8: \$40*

**[Register for the
May 12 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

May 12 Luncheon Program

May 12 Luncheon Program

Optimizing Brain Performance

By Dee O'Neill, MS, LPC, and Dianna Purvis Jaffin, PhD

Our May 12 luncheon program features Dee O'Neill, MS, LPC, and Dianna Purvis Jaffin, PhD, two dynamic speakers on the subject of how to optimize your brain.

Program Description:

The human brain has a remarkable capacity to change over the course of our lives. In the workplace, being a good steward of brain performance has the potential to increase productivity, enhance employee analytic ability, and ignite innovation.

Learning Outcomes:

During this 60-minute presentation, you will:

- Learn six lifestyle factors that affect brain performance across the lifespan
- Take away actionable strategies to reduce stress and improve brain performance
- Get a preview of strategies taught during the Brain Performance Institute's cognitive training program

CCEUs for this program: 1 Core Competency CCEU

Meet our Presenters:

Dee O'Neill, MS, LPC, is Program Manager for Corporate SMART at the Brain Performance Institute. After more than 15 years working in both research and clinical Neuroscience roles, Dee joined the Brain Performance Institute in 2013. Dee facilitates the Strategic Memory Advanced Reasoning Training (SMART) program for Corporate and Executive audiences. She also co-developed and leads the speaker series "Optimize Your Brain Performance."



Dee is a Licensed Professional Counselor (LPC) in Texas. She graduated from Chaminade University of Honolulu with a Master of Science in counseling psychology, specializing in marriage and family therapy. Her undergraduate study was in human health and exercise science at the Univ of Hawaii. Dee is a board certified fellow in EEG Neurotechnology by the Biofeedback Certification International Alliance, beginning her work in the field in 2006.

Dee worked in clinical settings such as PATH Medical, and Neurofeedback Consultants, as well as several years conducting Neuropsychological evaluations. Her research experience includes coordinating studies within the Neuroscience Research Center at National Rehabilitation Hospital, Sterling Medical, and the Office of Neurology and Aging Research within the Specialized Neuroscience Research Project in Honolulu Hawaii.

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Envision COACH TRAINING



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

"...truly transformational..."

"...an AMAZING program..."

LEARN MORE



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.

May 12 Luncheon Program (Continued)

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Dianna Purvis Jaffin, PhD, is Director of Strategy and Programs, Brain Performance Institute. Dr. Jaffin was drawn to the work of the Center for BrainHealth and its Brain Performance Institute because of the opportunity to develop, produce, and disseminate holistic programs aimed at improving both cognitive performance and real life functionality. She leads the development of integrative teams aimed at optimizing brain health for all populations including military families, first responders, athletes, healthy children, and adults, among others.



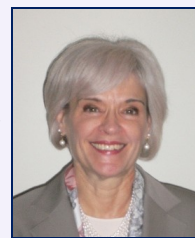
Prior to moving to Texas, Dr. Jaffin was the Director of Innovations and Strategy for the Consortium for Health and Military Performance (CHAMP), a Defense Center of Excellence for the translation of HPO science located at the Uniformed Services University (USU) in Bethesda, MD. Over the course of her career, Dr. Jaffin has managed large interdisciplinary research and translational programs and has published in peer reviewed journals such as the *Journal of Neuroscience*, the *Journal of Ultrasound in Medicine, Medicine & Science in Sports & Exercise*, *Journal of Strength & Conditioning Research*, and the *US Army Medical Department Journal*.

Dr. Jaffin has a BS in Electrical Engineering from Florida Institute of Technology, an MS in Exercise Science and Health from George Mason University, and a PhD in Neuroscience from George Mason University. She is a certified Exercise Physiologist and Project Management Professional (PMP) and adjunct faculty at George Mason University and the Uniformed Services University.

President-Elect's Message

Dear Members,

During the week of May 15-21, 2017, ICF chapters around the world are celebrating ICF International Coaching Week (ICW). This annual event is a time for coaches to educate the public on the value of coaching and offer pro bono coaching in their communities. *Let's all celebrate the potential impact of coaching by participating in International Coaching Week.*



As we increase awareness of the coaching profession through ICW and continue to build our North Texas Chapter community, we are identifying more ways to celebrate coaching. This year, the North Texas Chapter is instituting a new award, the **Distinguished Service Award**, to recognize distinguished service to the coaching profession and to the chapter. This is our opportunity to honor North Texas Chapter members who continue to serve as leaders and contributors to our chapter, freely sharing their expertise, experience, wisdom and good spirit. This award will be presented at the first ICF-NT Chapter Annual Meeting to be held Friday, November 10, 2017. (More specifics on the annual meeting are forthcoming.)

To be eligible, the individual must be nominated by a coach who is an active member in good standing with the ICF North Texas Chapter and holds a current ICF Credential. The nominee also must be an active member in good standing with the ICF North Texas Chapter and hold a current ICF Credential. In addition, the nominee must have or have had an active coaching practice.

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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 Coxey](#)

Prism: [Christine Horstman](#)

Communications: [Lisa Seay](#)

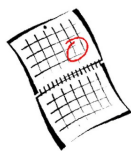
The LINC's are Coming! The LINC's are Coming!

*We're creating new ways for
you to connect with your
ICF-NT colleagues!*

*Have some fun. Share your
interests. Get nurtured. Engage.
Laugh. Make new friends.*

*What does **LINC** mean?
Hold your breath 'til the May
meeting. More to follow!*

Save the Date! ICF-NT Upcoming Meetings



- ✓ Friday, October 20:
Prism Retrospective
- ✓ Friday, November 10:
ICF-NT Annual Meeting
- ✓ TBD in December:
Holiday Social

President Elect's Message (Continued)

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Key Criteria in selecting the Distinguished Service Award include:

- Contribution to ICF-NT
- Contribution to the Coaching Profession
- Role Model (for Ethics and Best Practice)
- Professional Practice

An advisory board comprised of ICF-NT Chapter past presidents will review all applications and make a recommendation to the ICF-NT Board of Directors for final approval of the 2017 Distinguished Service Award winner.

The nomination application will be available in May with submissions due in early September. Eligible coaches may nominate more than one individual, and may nominate themselves.

Please contact me at Pres-Elect@icf-nt.com for additional information.

Help us honor our own by submitting a nomination for the Distinguished Service Award.

Respectfully yours,

Catherine A Oleksiw, Ph.D., PCC
ICF-NT President-Elect

ICF-NT's Facebook Group is Online

ICF North Texas is Now Online with Our Own Facebook Group!

Please join us there and get the conversation started! In addition to our [Page](#), which you can Like and receive news with the rest of the public, our new [Group](#) is intended for current ICFNT members and guests. While the Page is more focused on broadcast messages, the Group is for our members and guests to *engage* with each other.

You can search for the Group in Facebook as "[ICF North Texas members and guests](#)" and request to be added, or if you have a friend/colleague who's already in the group, they can add you directly.

Once you're in, be sure to return the favor and add three more people who haven't found the Group yet, and then start a conversation!

Find us on 



ICF Global News

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

Renew Your ICF Membership

[Renew your ICF membership](#)

and your credential for
another year to connect
with our cutting edge
coaching research,
lifelong learning, and
opportunities for networking
and community-building.



Leverage the ICF Brand

The ICF has invested in great
[marketing and brand work](#)
that is available for use by
members. Check out what is
available and proudly display
your membership in the
strongest coaching
organization on the planet!



International Coaching Week is May 15–21

ICF International Coaching Week — Celebrate May 15–21 Reflect, Renew and Recommit!

May Day, Mother's Day, Armed Services Day, the Kentucky Derby, Memorial Day, and even National Burger Day (mark your calendars for May 28)—all are special days and events that happen in May. Here's another event to add to your calendar of special days: **International Coaching Week—May 15-21**, when we stop to acknowledge and celebrate coaches!

Begun in 1999 by ICF member Jerri N. Udelson, MCC, International Coaching Week is intended to educate the public about the value of working with a professional coach and to acknowledge the results and progress made through the coaching process. Coaching is something we do because of our desire to support, develop and encourage others in their personal growth. We give of ourselves to listen, question and engage in a way that allows others to gain deeper awareness of what motivates them, as well as what holds them back.

This month, let's also pay attention to ourselves and celebrate coaching and all that it means to you and to your clients and potential clients. Take time to *Reflect*, *Renew* and *Recommit* to yourself as a coach and to your calling to impact others through your coaching.



As we heard at the March luncheon, incorporating story and storytelling into our coaching adds depth and dimension to our life experiences. It also helps us to get to know and understand others at a different level. Since May is the month to celebrate coaches, we want to gather your stories; through your stories, we'll acknowledge you, get to know you and learn from you. So, whether it's during International Coaching Week or some other time in May, I encourage you to reflect, renew and recommit. And, I invite you to document it with a video, a testimonial, or a short story. Let's get to know each other in the North Texas chapter this month and beyond.

Stories will be shared on our social media, in our future newsletters and maybe even at a monthly luncheon. Below are some prompts to get you thinking. Stories (including a Facebook Live or a video if you so choose) can be shared directly on our [Group Facebook Page](#) or can be emailed to Lisa Seay at communications@icf-nt.com. And, it's always more fun when there's an incentive so prizes will be awarded in each of the following areas: reflect, renew and recommit.

Reflect

A great article on reflection can be found [here](#). Questions you can ask yourself as you reflect on you as a coach and your coaching impact include:

- Why did you decide to become a coach?
- What impact you have made with your coaching?
- What is a word that describes your coaching philosophy?
- How is the world different because of your coaching?

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Member News

Three of our members have received ACC or PCC credentials from ICF:

Candace Campbell, ACC
Sandi Mitchell, PCC
Steve Sosland, PCC

Congratulations to Candace, Sandi, and Steve!

Welcome to Our ICF North Texas New Members

March 23 — April 24

Caz Gaddis
Sumom Geevarughese
Michael Gregg
TJ Johnson
Jane Koenecke
Kim Kozak
Kathy Murphy
Bobby Quinten
Janae Taliaferro

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) so your professional organization can recognize your accomplishment.

International Coaching Week (Continued)

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Renew

Renew is not just for your credentials (although that's important too!). Taking care of yourself so you can bring your best to your clients is especially important for achieving the outcomes that not only we desire but our clients depend on us for. Things to think about when it comes to renewal include:

- What is your favorite way to recharge and renew yourself so you can bring your best to the world?
- What gets in the way of you taking care of you and what will you do different during International Coaching Week?
- How does renewing—whether it's your knowledge, your energy or your spirit— help you be a better coach?

Recommit

And, now, it's about taking action. What will you commit to? Or recommit to? How will you leverage what you gained through reflection and renewal to impact your coaching work this upcoming year?

- How are you developing your coaching expertise this year?
- What will you do to give back to the local coaching community (like ICF North Texas)?
- Who will you engage to hold you accountable to your commitment.

Happy International Coaching Week. Don't forget to share your stories of Reflection, Renewal and Recommitment. Post on our [Group Facebook Page](#) or email to me, Lisa Seay at communications@icf-nt.com. Prizes will be awarded but more importantly, others will benefit from your story and your experience.

Lisa Seay
ICF-NT Communications

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.

ICF Recertification Tip #1: Core Competencies CCEs

ICF Recertification Tip #1 Core Competencies CCEs (*Ethics, and Writing and Research*)

By Catherine A Oleksiw, Ph.D., PCC, ICF-NT President-Elect

Are you frantically counting your CCEs as recertification looms in the near future? According to the [ICF Recertification FAQ](#), you need to document that you have participated in at least 40 hours of Continuing Coach Education (CCE) or 40 Continuing Coach Education units (CCE units), completed in the three years since the initial award of your credential or since your last credential renewal. Of the 40 required hours/units, 24 hours/units must be in Core Competencies. The remainder hour/units can be in either Core Competencies or Resource Development.

Ethics. All ICF credential holders must demonstrate completion of at least three CCE units in the area of coaching ethics to be eligible for ICF credential renewal. These are core competencies CCE units. For one option available to you to satisfy this requirement, check out the [ICF online ethics course](#).

Core Competencies CCE Categories. ICF Core Competencies CCEs fall into three categories: advanced coach training, published writing, or research directly related to ICF Core Competencies. Advanced coach training in Core Competencies includes chapter luncheons and workshops where ICF core competencies CCE units are offered. But wait! How many of you have considered documenting your published writing, or research for Core Competencies CCE units?

CCE Writing or Research. Writing or research can be applied to either Core Competency or Resource Development CCEs, depending on the focus of the work. To document writing or research for Core Competency CCEs, you need to provide: a) a brief explanation of the content and how it aligns with the ICF Core Competencies, Code of Ethics, or Definition of Coaching; and b) a reference for where it was published. Not acceptable is time spent writing social media postings (i.e., Facebook, Twitter, LinkedIn, etc.). The only acceptable research is published peer-reviewed research.

Writing and research *not* related to the Core Competencies (i.e., Resource Development) should be listed under the self-study part of the recertification application. ***ICF will grant one (1) CCE unit for every 60 minutes spent on writing or research that falls within these parameters.***



You wouldn't take your car to just *any* mechanic.

Why would you take your future to just *any* coach?

Credentials matter. With a credential from the International Coach Federation you have the rigorous training, demonstrated experience, and commitment to ethical standards to protect you and your clients' interests.

International Coaching Week is May 15-21

Become a credentialed coach at www.icf-nt.com



Upcoming Chapter Meetings and Programs

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)
to have your ad posted

May 12	ICF-NT Luncheon Program at Hackberry Creek Country Club. <i>Optimizing Brain Performance</i> . Presented by Dee O'Neill, MS, LPC, and Dianna Purvis Jaffin, PhD.
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. Stay tuned for additional information 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.
October 20	ICF-NT Prism Retrospective. Please stay tuned for more information out our Prism Retrospective.
November 10	ICF-NT Annual Meeting at Hackberry Creek Country Club. Watch this space for more information.
TBD December	ICF-NT Holiday Social. Please look for details as the date draws nearer.

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.

International Coach Federation—North Texas Chapter
www.icf-nt.com

Follow us on:

