

May 2018 Newsletter

In This Issue

[President's Message](#)

[May 11 Luncheon Program](#)

[May 11 - 1st Sharpen the Coaching Saw Session](#)

[International Coaching Week is May 7 - 13, 2018](#)

[All Texas Coaches Retreat and Conference Highlights](#)

[May 25 Online Webinar](#)

[Upcoming Texas Alliances Events](#)

[Renew Your ICF Global Membership](#)

[Midwest Region Coaches Conference: June 21- 23](#)

[Save the Date-ICF-NT Meetings](#)

[LINC's Are One Year Old This Month](#)

[ICF-NT LINC's Groups](#)

[Upcoming Events](#)

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President's Message

Dear Colleagues:

Every year, the International Coach Federation (ICF) selects one week for ICF coaches around the world to celebrate coaching. In 1999, Master Certified Coach Jerri N. Udelson first introduced International Coaching Week (ICW) to educate the public about the value of working with a professional coach and acknowledging the results and progress made through the coaching process.

ICF Coaching Week is officially May 7-13, 2018. As described by ICF Global CEO/Executive Director Magda Mook, "ICW is a global celebration and an opportunity to experience professional coaching. During this week, we encourage individuals and organizations all over the world to understand and explore and to test and discover the possibilities that coaching provides."



For ICW, each of ICF's 131 chapters puts their own spin on promoting the benefits of coaching by hosting educational events on coaching and offering complimentary coaching in their community. Traditionally, ICF-North Texas has coordinated with one or more organizations to provide pro bono coaching. North Texas coaches participating in ICF in prior years have expressed their appreciation for the

opportunity to offer their time and talent to working with individuals, especially those experiencing coaching for the first time.

Our chapter's 2018 pro bono coaching event is being planned for this summer. More details are forthcoming.

Please join us in this opportunity to share your coaching best with individuals perhaps seeking some internal signal amid the 24/7 noise of their lives or maybe facing some hard-edged challenge that just won't let go. We all know that even one short coaching session can provide an initial pivot to a new take on the world. And from there, a journey shifts to new subtle possibilities. We have so much to give. Let's do this.

Sincerely,



Catherine A. Oleksiw, Ph.D., PCC
ICF-NT President, President@icf-nt.com

We make a living by what we get, but we make a life by what we give.
~ Winston Churchill

May 11 Luncheon

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

Register by May 7: \$30
Register after May 7: \$40

**[Register for the May 11
Luncheon Program](#)**

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



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May 11 Luncheon Program

Group Coaching

By **Holly Williams, MBA, PCC**

Our May 11 Luncheon Program features Holly Williams, MBA, PCC. Holly is an executive and leadership coach committed to delivering innovative and cutting edge leadership coaching programs. She blends the latest research on the neuroscience of leadership and change with coaching methodology. Her coaching of executives, groups of leaders, and teams occurs in the context of the organization and its strategy. Her clients include Capital One, Mettler Toledo, Freddie Mac, eTrade, and Medimmune. She founded her company MAGUS Group Coaching in 1995.



Holly's credentials include an MBA from George Washington University, Finance Concentration, Beta Gamma Sigma Honor Society; a BA from Randolph-Macon Woman's College, with honors; a Leadership Coaching Certificate from Georgetown University; and she is PCC Certified by the International Coaching Federation. Holly is also a member of the faculty of both Georgetown University's Leadership Coaching Certificate program and the University of Texas-Dallas. Her recent book, *Being Coached: Group and Team Coaching from the Inside*, was co-authored with Ann Deaton, also of the UT-D faculty. Her second book *Coaching as a Culture Play from the Inside* will be published later in 2018.

Program Description:

We will explore Group Coaching in an interactive setting, using the ICF competencies to draw out distinctions between individual and group coaching. We will also look at an example of structure and pricing for leadership group coaching. And we will discuss what group and team coaching have to do with culture change.

Program Outcomes:

In this program, participants will learn:

- The difference between group and team coaching
- What's the same and what's different between one-on-one and group coaching, competency by competency: Setting the Foundation (Ethics and Coaching Agreement); Co-Creating the Relationship (Creating Trust and Intimacy and Coaching Presence; Communicating Effectively (Active Listening, Powerful Questions and Direct Communication) and Facilitating Learning and Results (Creating Awareness and Designing Actions, Planning and Goal Setting, and Managing Progress and Accountability)
- A sample model to structure and price a group coaching program
- How group (and team) coaching have an impact on an organization's culture

CCEUs for this program: 1 Core Competency

Be sure to check in at the Welcome Table when you arrive at monthly meetings so we can record your attendance. Certificates are sent only to those who actually attend our meetings.

Then, check your email on Monday following an ICF-NT luncheon or workshop for your CCEU certificate. If you have questions or have not received your certificate, please contact programs@icf-nt.com.

May 11 Sharpen the Coaching Saw Session

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

[Register for the May 11 Workshop](#)

Pay for this event online when registering

Workshop Details

Time: 1:30 to 3:30 PM
Location: Hackberry Creek Country Club
Address: 1901 W. Royal Lane Irving, TX 76051
Website: www.hackberrycreekcc.com

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May 11 Workshop: 1st Sharpen the Coaching Saw

Sharpen the Coaching Saw: Coaching Session Agreement

Led by Teresa Pool, MCC

1:30 to 3:30 PM

(Immediately following the luncheon program)

Workshop Price: \$25.00

Join us for the first in a series of Sharpen the Coaching Saw ICF competency skill development workshops to be held after our monthly luncheon meetings at Hackberry Creek Country Club. This is an opportunity to stretch your coaching skills through a learning, demonstration, and observed practice session led by our chapter MCCs and MCC LINC (our small group meetings) volunteers. We have something to offer all levels:

- **CIT (Coach in Training)** – Recommended for coaches and those interested in becoming coaches. You may be enrolled in a coach training program or logging hours toward your ACC credential. This learning group will focus on building a strong coaching foundation.
- **ACC (Associate Certified Coach)** – Recommended for coaches that have completed coach training and achieved their ACC credential with up to 300 hours. This learning group is designed to build confidence and strengthen the coaching muscle.
- **PCC (Professional Certified Coach)** – Recommended for the working coach with between 300 and 1,500 logged hours. This learning group seeks to stretch in new ways and avoid bad habits and coaching ruts.
- **MCC (Master Certified Coach)** – Recommended for PCCs and MCCs with over 1,500 logged hours. This learning group is on the road to coaching mastery and is seeking to make and retain the mental and skill shifts required of the MCC.

The May workshop will hone in on the Coaching Session Agreement, building a strong foundation for each session with your client. Teresa Pool will present the new ICF Markers that represent success for this competency and provide a demonstration followed by Q&A. Facilitators from our MCC LINC group will lead unique breakout practice activities for each of the four experience levels. We'll share our learning and each of us will take away a practice challenge.

Register for your spot today. At \$25, it will be the best investment you can make in 2018! All proceeds go to our ICF Chapter.

We'll repeat the fun on August 10, from 1:30 – 3:00 PM, following the regular monthly luncheon meeting. Mark your calendars for this great education opportunity!

CCEUs for this Sharpen the Saw Session: 1.5 Core Competency CCEUs

Sharpen the Coaching Saw Session Facilitator

Teresa Pool, MCC, is a highly experienced coach and human behavior specialist with over 25 years of working with leaders and teams to select the best talent, overcome barriers and create a higher degree of success. Her passion is identifying and resolving the people component of challenging business problems. Her work spans multiple industries and companies of various sizes. Her specialty is partnering with senior executives and high potential leaders who want to move quickly to the next level of performance. She has a reputation for creating a powerful learning experience that challenges and develops the leader at multiple levels. Teresa has coached professionally since January 2001 and is credentialed by the International Coach Federation as a Master Certified Coach with over 3,500 coaching hours. She also holds credentials as a Certified Professional Behavioral Analyst, Talent Selection Specialist, Neuro Linguistics Master Practitioner, and Equine Facilitated Coaching Specialist.



International Coaching Week is May 7–13, 2018

ICF Coaching Week is May 7 –13. This year, our ICF-NT chapter will hold its pro bono event in the summer. Look for a separate message with details.

If you wish to participate in this year's pro bono coaching engagement, contact Kathleen Klaviter at alliances@icf-nt.com.

ICF North Texas Value Proposition

ICF North Texas enriches the coaching community by providing opportunities for professional development and engagement through networking and service, which facilitates the professional growth of our coaches.

Welcome to Our ICF North Texas New Members

March 23 – April 18

Carla Bryant
Dale Holdman
Amy Rojas
Crystal Rudko
Timothy Shaffer

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.

All Texas ICF Retreat and Conference Highlights

The All-Texas ICF Retreat and Conference was held at Canyon of the Eagles on Lake Buchanan in the hill country, April 6 – 8. This was the first event put on collaboratively by all the ICF chapters in Texas: North Texas, Greater Austin, Houston, and San Antonio.

The event sold out with 60 registrants, and 57 were able to attend. This level of participation for a first-time event was a huge success since the goal early on was to have at least twenty-five people sign up.

Participants were encouraged to attend only the training sessions that mattered to them and to spend the rest of their time on self-care and connecting with other coaches. The facility offered hiking trails, lake shore activities, an outdoor fireplace and fire pit, and an on-site masseuse.

The presentations were focused on self-discovery and included discussions among participants and time for journaling. Participants were encouraged to develop plans for ongoing self-development and self-care to bring into their lives through regular practices.

North Texas members Sara Smith, Steve Coxsey, Catherine Oleksiw, and Gretchen Martens were among the presenters.

By the second day participants were talking about the next retreat, setting an expectation for it to be an annual event. One-fourth of the participants have already volunteered to be part of the steering committee designing the next All-Texas ICF Retreat and Conference.

Here are just a few of the reactions from participants:

Marie Raines

The All Texas Coaches Retreat was a remarkable experience! I found my people there and we even formed a small tribe to help us be accountable. It was a joy meeting so many fascinating coaches, many of whom were from my own North Texas area. I can't wait to attend again next year!

Susie Vaughan

Thank you to the planning committee for successfully launching the first All Texas Retreat and Conference. The weekend was filled with warm connections with other coaches from North Texas and across the state. It was refreshing to be in the company of coaches "speaking the same language." The weekend was thoughtfully arranged with a balance of new learning and personal reflection time. Although the weather was chilly, the beautiful retreat center was warmed by our presence.

Catherine Oleksiw

What a refreshing experience! New faces and new ideas. Sharing high fives and exploring mutual challenges with a roomful of passionate and dedicated coaches. One of the most exciting aspects of the weekend for me was not only meeting coaches from other Texas chapters but meeting North Texas coaches who were unable to regularly make our monthly chapter luncheons. I imagine this event being an annual "Must Attend" for all Texas coaches.

Member News

Congratulations to

Jeanne Sivertson, PCC

*On receiving your PCC
(Professional Certified Coach)
credential from ICF.*

Are You Newly Credentialed?

Have you recently earned an ICF Coaching Credential? Your ICF-NT Chapter wants to recognize your achievement!

Please email Tracy Cadorene (memberships@icf-nt.com) so your professional organization can recognize your accomplishment.

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 25 Online Webinar

How to Run Your Very Own Webinar By Mike Caracalas

May 25 from 12:00 – 1:00 PM

Webinar Cost:

Member – \$10.00 / Non-Member – \$12.00

Registration is required / Payment in advance only

Once you register you will receive the Zoom link for the Webinar

Register [here](#) today!

Online Webinar Description:

Marketing yourself as a coach means getting in front of as many prospects as you can. Doing this face to face, with one person at a time may be the most effective, but it doesn't scale. A successful webinar can help you reach a global audience, but the options and skills required may seem overwhelming at first.

In this one-hour ICF North Texas webinar, you will learn what the options are and how you can get started as soon as you're ready. We'll cover the basics of creating and running your own webinar, answering your questions as we go. Gone are the days when only a professional marketer could run a webinar. You can do this!

Webinar Speaker:

Mike Caracalas
Executive Leadership Coach at Caracalas and Associates, LLC

Mike Caracalas was a pioneer in web conferencing, running his first "webinar" in 1997, using PlaceWare Auditorium, the first live, multimedia platform of its kind. Besides being a techno-geek, Mike spends his days as an Executive Leadership Coach. He is currently the President-elect for ICF North Texas.



Upcoming Alliances Events in Texas

Save the date for these upcoming Alliance events taking place in Texas!

ICF Coaching Week is May 7 – 13, 2018. Our chapter will have its pro bono event in the summer. Look for a separate message with details. If you want to participate in this year's pro bono coaching engagement, contact [Kathleen Klaviter](#), VP of Alliances.

HRSouthwest Conference is October 14-17, 2018 at the Ft. Worth Convention Center (Sunday – Wednesday). If you are interested in representing ICF and providing on-site coaching, contact [Kathleen Klaviter](#).

The Texas Conference for Women is Friday, November 9, 2018 at the Austin Convention Center. If you are interested in this exciting conference and willing to provide laser coaching, contact [Kathleen Klaviter](#).

More information is forthcoming as we approach the actual dates but volunteer slots for all of these events are limited. If you are interested in participating, contact [Kathleen Klaviter](#) now.



ICF Global News

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



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!



Renew Your ICF Global Membership

- ✓ ICF Global memberships expire annually on March 31.
- ✓ If your membership in ICF Global (*separate from your membership in our local chapter*) has expired, you can **renew through June 3**. If you haven't already, please renew your ICF Global membership now at coachfederation.org/renew.
- ✓ If you want to renew after June 3, information can be found at coachfederation.org. Essentially, you will have to be reinstated so it's better to do it now.

Benefits of Membership:

ICF members receive a multitude of benefits starting with access to educational research, networking opportunities, and globally recognized credentialing and accreditation services. All of ICF's endeavors are focused on coaching—from informing the public on how coaching works to conducting industry research. ICF builds, supports, and preserves the integrity of the coaching profession through standards and programs. Membership is not only an investment into a coach's future, but also an investment into the future of coaching.

Midwest Region Coaches Conference: June 21—23

Earn 11 CCEUs at the Midwest Region Coaches Conference June 21 – June 23

Attend the Midwest Region Coaches Conference for an opportunity to learn, share, and volunteer. The conference will be held in Pittsburgh, Pennsylvania from June 21 – June 23, 2018.

The Conference opens with lunch on Thursday, June 21 and closes mid-afternoon on Saturday, June 23.

Participants can earn approximately 11 CCEUs for attending all sessions. These will be a combination of Core Competency and Resource Development CCEUs.

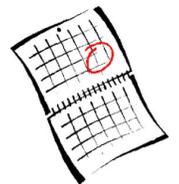
To learn more, visit: <http://www.icf-midwest.com>.

Conference Registration: goo.gl/k5tk37.

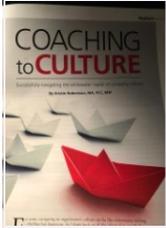
Join the Facebook page: www.facebook.com/ICFMidwest/

Save the Date—Upcoming ICF-NT Monthly Meetings

- ✓ **Friday, May 11:** ICF-NT Luncheon Program
Holly Williams leads a program on Group Coaching How To's.
- ✓ **Friday, May 11:** ICF-NT Sharpen the Coaching Saw Session:
Coaching Session Agreement. Led by Teresa Pool, MCC.
- ✓ **Friday, June 8:** ICF-NT Luncheon Program and Workshop
Kelly Gallagher, PCC, presents a program and workshop on Sales.
- ✓ **Friday, July 13:** ICF-NT Luncheon Program
Pamela Teagarden, MAPP, PCC, teaches us about Positive Psychology.
- ✓ **Friday, August 10:** ICF-NT Luncheon Program
Teresa Pool, MCC, will present a program on MCC, PCC Markers.



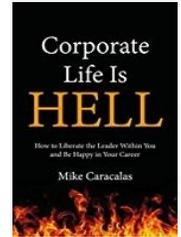
Two of our Board members have recently been published



Kristin Robertson recently had an article published in Choice coaching magazine titled "Coaching to Culture." Read the article [here](#).

Mike Caracalas has recently published his book, *Corporate Life is Hell*. It may be purchased on [Amazon.com](#).

Congratulations, Kristin and Mike!



LINC's Turn One Year Old This Month!

Creating Powerful Connections that are Fun and Meaningful

A "link" is defined by Webster as "a connecting structure." But a "**LINC**" is a word our chapter created which stands for **L**aunch, **I**nteract, **N**urture, and **C**ontribute.

A LINC is a small group of 5 – 10 members who get together on a regular basis to have fun and focus on a common interest. Our chapter launched this initiative one year ago this month.

Through our LINC groups, we offer our members a rich opportunity to create high value connections with their friends and colleagues in the chapter.

Laugh: We think it's important for communities to have fun with each other as they collaborate and consider new ideas.

Interact: Each LINC chooses its own unique forms of interaction: how they share the responsibilities for the meetings; how they choose the topics they explore; when, where and how often they meet; and the format of their meetings. For those of us who can't regularly attend Friday lunch meetings, LINC's give us another great way to interact with our colleagues and receive value from the chapter.

Nurture: The LINC community supports the goals and needs of their members. It's a warm and friendly environment to explore and share passions around a common interest.

Contribute: Members contribute their unique gifts and talents with each other in the context of their shared interest and community.

LINC's are not:

- Communities of practice
- Committees
- Workshops
- Expert-led presentations
- Classes

LINC's are:

- Communities where the members have fun! They enjoy each other and their shared interest.
- A place where relationships are created and deepened.
- A place where the members give and receive support.
- A new way for the chapter to add value to its members.

The objectives of our LINC groups are as diverse as our membership. Can't find a LINC that is already pursuing your passion? We make it easy for you to create a new one and invite others to join you.

For a full list of existing LINC's, see page 8 of this newsletter or click below. Find one you like? Reach out to the organizer, talk about what's going on, and consider joining in the fun. Nothing floats your boat? Reach out to Cheryl Close and Jim Cooper and get their help in proposing a new LINC to the chapter.

See you on the LINC's!

[Click Here to see a list of active LINC's](#)

ICF-NT North Texas LINC's Groups

ICF North Texas LINC's — Laugh, Interact, Nurture, Contribute

LINC Name	Shared Interest	Organizer	Email	Phone	More about this LINC
Book Lovers	Book Club	Randy Fernandes	weallmakechoices@yahoo.com	469-994-9326	Lunch on the 4th Weds of the month from about 11:00am – 1:00pm in Grapevine to discuss our book and decide on our next month. We communicate via Facebook Messenger and announce each event on the ICF-NT Facebook page.
Digital Marketing	Digital Marketing	Mike Caracalas	mikecaracalas@gmail.com	972-863-1852	We meet via Zoom video the 1st Friday of every month. We rotate the facilitation and select a new topic each month. We use Facebook Events on the ICF-NT Facebook Group page to inform members.
MCC Certification	PCC's Working Toward MCC	Susan Shapiro	sshapiro@onpoint-leadership.com	972-529-7549	We meet in person each Friday before the monthly ICF meeting. We have a Dropbox where we share materials. Currently, we are reviewing recordings of our coaching sessions to create a forum for joint learning and reinforcement of core competencies.
Faith-Based Community	Faith-Based Coaching	Tom Donaldson, Demi Prentiss	tomdon48@hotmail.com	214-364-5400	We have previously met prior to the ICF-NT Monthly meetings, and are looking for alternative times, places, and methods for meeting. We do not currently have a meeting schedule. Please contact Tom Donaldson with suggestions, questions and other input. We also have a Facebook Page: ICF-NT Faith-Based LINC Group. https://www.facebook.com/groups/icf.nt.faith.linc/
ACC Renewal	Coaches Working Toward ACC	Jude Olson	jude@judeolsoncoaching.com	682-478-7225	Ready to get started in May. Recruiting members who want to renew their ACC Certificate. One goal of this group will be to provide mentoring hours for those needing to renew their ACC Certificate this year. One requirement is to have 10 hours of mentor coaching, and 7 of them can be with a group! The other 3 hours must be 1-1 mentor coaching. If you'd like to be part of a virtual group that meets bi-weekly from May to September timeframe, join us!
PCC Certification	ACC's Working Toward PCC	Jude Olson	jude@judeolsoncoaching.com	682-478-7225	Ready to get started. Recruiting members who want get their PCC Certificate in a virtual environment with Sara Smith, MCC, as our mentor.
Crucial Conversations	Conversations that Bridge What Divides Us	Gretchen Martens, Steve Coxsey	steve@stevecoxsey.com	Gretchen: 214-620-5360 Steve: 817-416-8971	Meets the 4th Tuesday of the month from 11:00am – 1:00pm at La Madeleine in Irving (6430 N MacArthur Blvd, Irving, TX 75039)

Need Help? Cheryl Close: cheryclose@gmail.com
Jim Cooper: jim.cooper@ascendentleadership.com

Upcoming Meetings and Events

YOUR COMPANY NAME



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

Contact us to advertise in both our monthly newsletter and on our web site for only:

\$100 quarterly for members
\$350 yearly for members
\$150 quarterly for non-members
\$550 yearly for non-members

\$25 fee for changes to Ads in the middle of a paid period.

- ✓ High Res (300 dpi) jpeg ad
- ✓ jpeg at least 250 pixels wide
- ✓ Ads are subject to approval of ICF-NT's Board
- ✓ Artwork and content must be approved and payment made prior to placing ad

Contact Lisa Yarbough today (socialmedia@icf-nt.com) to have your ad posted.

May 11	ICF-NT Luncheon Program at Hackberry Creek Country Club. <i>Group Coaching How To's</i> . Presented by Holly Williams, MBA, PCC.
May 11	ICF-NT Workshop at Hackberry Creek Country Club. <i>Sharpen the Coaching Saw: Coaching Session Agreement</i> . Facilitated by Teresa Pool, MCC.
May 25	ICF-NT Webinar at Noon. <i>How to Run Your Very Own Webinar</i> . Presented by Mike Caracalas. Once you register for the webinar you will receive the Zoom link. Register here .
June 8	ICF-NT Luncheon Program at Hackberry Creek Country Club. Kelly Gallagher, PCC, presents a program on <i>Sales</i> . Stay tuned for more information.
June 8	ICF-NT Workshop at Hackberry Creek Country Club. Kelly Gallagher, PCC, follows up her program with a workshop on <i>Sales</i> . More information is forthcoming.
July 13	ICF-NT Luncheon Program at Hackberry Creek Country Club. <i>Positive Psychology</i> . Presented by Pamela Teagarden, MAPP. Stay tuned for more information.
July (Day to be announced)	ICF-NT Webinar. Jackie Burton from ICF will lead a webinar on <i>ICF Credentialing</i> . Additional information on the day and time is forthcoming.
August 10	ICF-NT Luncheon Program at Hackberry Creek Country Club. Teresa Pool, MCC, will present a program on <i>MCC, PCC Markers</i> . Stay tuned for additional information.
August 10	ICF-NT Workshop at Hackberry Creek Country Club. <i>Sharpen the Coaching Saw</i> . More information is forthcoming.

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 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 interested in sharing your story, please contact socialmedia@icf-nt.com.

International Coach Federation—North Texas Chapter

www.icf-nt.com

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