

May 2017 Newsletter

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June 9 Luncheon

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

*Register by June 5: \$30
Register after June 5: \$40*

**Register for the
June 9 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

June 9 Luncheon Program

June 9 Luncheon Program

How Engaging in Mindfulness Will Transform Your Personal and Professional Lives for the Better

By Jaya Mathew, PhD

Our June 9 luncheon program features Dr. Jaya Mathew, a Licensed Psychologist and founder of a group practice called Wellness 360 in Dallas. She holds a Ph.D. in counseling psychology from Fordham University and a Master of Science Social Work degree from the University of Texas at Austin.



After practicing psychotherapy for over a decade, Dr. Mathew has come to believe that a holistic approach, which engages both the mind and the body, is optimal for healing. Her view of holistic wellness includes a focus on how our everyday lives align with our true values and needs. Dr. Mathew believes that all of us are capable of learning how to live well in our bodies and experience the joys of connected living.

Dr. Mathews works with patients in treating depression, anxiety, relationship conflicts, trauma/abuse and negative self-image. Her specialties include working with **couples** and **women's issues**, and she has a special interest in working with **persons of diverse backgrounds**.

Dr. Mathew maintains a specialty in supervision and teaching by serving as a community supervisor for a local clinical psychology program, and by providing a postdoctoral fellowship in her practice. Additionally, she facilitates trainings on clinical and diversity issues. Dr. Mathew also serves as President of the Collin County Psychologist Association.

Program Description:

Do you ever feel like you are juggling too much at a time? Does every item on your "to do" list feel like it is urgent? Do you ever find it hard to stay connected to the present moment? Our days are filled with multitasking and our minds are balancing too many things. We are simultaneously navigating work, home, relationships, and more. It's easy to get so stuck in the minute details of life that we get taken away from the present. Learning a few simple mindfulness and meditation techniques can help you feel more professionally and personally grounded.

Program Outcomes:

Dr. Mathew will provide you an introduction to how mindfulness practices can improve your life and your clients' overall health. The following topics will be covered:

- What mindfulness and meditation is
- How practicing meditation can change your brain immediately
- How to recognize your body's distress signals
- Experiential exercises that you can incorporate into your everyday life
- How mindfulness is the key to overall wellness

CCEUs For This Program: 1 CCEU



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

"...truly transformational..."

"...an AMAZING program..."

LEARN MORE



June 15 & 22 Webinar Series

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

**Register for the
June 15 and 22
Webinar Series**

**Pay for this event online
when registering**

Webinar Details

Time: 6:00 to 7:15 PM

Webinar Access: To be provided
upon registration

June 15 and 22 Mindfulness Webinar Series

June 15 and June 22 Two-Part Mindfulness Webinar Series

Going Deeper Into the Practice of Mindfulness For Both You and Your Clients

By Jaya Mathew, PhD

On Two Thursday evenings, June 15 and June 22

From 6:00 to 7:15 PM

Webinar Cost is \$89 for the Series

Do you want to go deeper into the study and experience of mindfulness? Dr. Mathew is following up her June 9 program on mindfulness with a two-part webinar series in which she will go deep into the practices of mindfulness, for both you and your clients.

Webinar Description:

Dr. Mathew will bring you even more exercises and experiences of mindfulness during her two-hour webinar series, on Thursdays June 15 and 22 from 6:00 to 7:15 PM. In this in-depth class, you will learn even more about the benefits of mindfulness practice. More important, you will get to experience the benefits yourself of these practices with the extra time offered in a webinar series. Dr. Mathew wants you fully understand and practice these exercises under her guidance, and to have plenty of time to ask questions in a relaxed atmosphere.

Webinar Outcomes:

In this webinar, you can expect to learn these things:

- When to suggest mindfulness exercises to your clients and to whom
- Experiential exercises that you can incorporate into your everyday life
- How to incorporate mindfulness exercises in your coaching practice
- The warning signs in a client that warrant a referral to a licensed psychologist, and how both concurrent coaching and therapy can be extremely helpful to a client

Note: both webinars will be recorded and available for you to view if you miss one of the live presentations.

CCEUs Offered for this Two-Part Webinar: 2 Core Competency Credits

LINC Group? What's a LINC Group? Click below to see what all the buzz is about ...





Find out why
the most
Successful
Coaches
Start at
iPEC



START HERE

*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.*

President's Message

June 2017 . . . ICF-NT Board is Values-Driven



Liberating the leader in every one of us to achieve extraordinary results!

Leadership consultants Kouzes & Posner's empirical research shows that leaders "who gain clarity in their vision and purpose—and then empower those who follow to achieve their personal best—can transform companies and organizations anywhere in the world."

Way back in January, your ICF-NT Board of Directors took on this "leadership challenge." Kristin Robertson, Director of Programs, facilitated a session with the board to clarify our own personal values first, before we set our chapter goals for 2017. These are the values chosen by the board to guide our leadership of the chapter in 2017—and how we defined their meanings:

Authenticity: We want to speak the truth, both to each other and clients, with respect and compassion. We actively seek a diverse chapter membership. We will treat each other with courtesy and respect. We aim high to honor different opinions and perspectives. We assume positive intent.

Excellence: We want to have a successful year in the areas of programs, membership, revenue, and board leadership. We will be results driven. Have pride. Deliver with distinction, quality and brilliance. Be our best selves. Demand high standards, both personally and for the chapter.

Innovation: We want to be creative, think outside the box, be independent, and draw from our depths and those truths we hold.

Community: Everyone matters, 'inside/outside,' meaning this applies both personally and collectively. We want to encourage a culture of collegiality, connection, and belonging. The board must model community behaviors—be collaborative and cohesive. We want to enhance connection, people and service within the chapter.

Abundance: We want to develop wisdom and be attuned to our needs and those of the chapter. We want to grow ourselves and the chapter—again, both 'inside/outside.' We want all members of the chapter to experience generosity. Abundance is the result of our practice of all the other values.

More details about these heartfelt values and our goals for the chapter will be shared in our upcoming program meetings by board members, on our website, through newsletter updates, and at our **Annual Chapter Meeting scheduled for November 10**. I invite you to help transform our chapter as all of us together—as ordinary people—strive to achieve extra-ordinary things!

Let me know the values you bring to ICF-NT and how we may support your 'best selves' at 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 Coxsey](#)

Prism: [Christine Horstman](#)

Communications: [Lisa Seay](#)

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.

Welcome to Our ICF North Texas New Members

April 25 — May 24

Karen Cavazos
Connie Fulks
Vicki Grider
Beth McCormack
Moaz Sharif
Claudette Ward

Distinguished Service Award

Distinguished Service Award Application Available Now!

At our Annual Meeting on November 10, 2017, ICF-NT will honor the first recipient of the Distinguished Service Award that recognizes outstanding service to the chapter and the coaching profession.

Nomination and Eligibility

- Nominee must be an active member in good standing with the ICF North Texas Chapter, hold a current ICF Credential, and have or have had an active coaching practice.
- Nominating coach 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.
- Eligible coaches may nominate more than one individual, and may nominate themselves.

Selection Criteria

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

Application

- Download the [2017 Distinguished Service Award Application](#) by clicking on this link and then clicking on **Awards** in the Folders listed to download the nomination form. When you click on the nomination form document you have the option to save or open it.
- Submit application to Russ Yaquinto, MCC at russ@thechangeconnection.com and Catherine Oleksiw, PCC at Pres-Elect@icf-nt.com.

Review Process

The Distinguished Service Award Advisory Board, principally comprised of past chapter presidents, will review applications and make a recommendation to the ICF-NT Board of Directors for final approval of the 2017 Distinguished Service Award winner.

For additional information Contact Catherine Oleksiw at Pres-Elect@icf-nt.com or Russ Yaquinto at russ@thechangeconnection.com.

Alliances to Connect with Professional Associations

Are You Connected With Other Professional Associations?

Many of our members come from backgrounds in related fields and maintain those affiliations. Part of our chapter's plan for Alliances this year is to cultivate existing relationships and develop new relationships between ICF-NT and other professional associations.

We know we would like to have regular, intentional interactions with:

- Dallas HR and Texas SHRM
- DFW OD Network
- ATD Dallas and ATD Ft. Worth

To maintain regular, intentional contact we need to have representatives who are involved in both worlds. If you are connected with one of these groups and would be available to be part of the conversation to develop a strategy for an alliance, please contact Alliances Coordinator Steve Coxsey at alliances@icf-nt.com.

Please let Steve know about other professional groups in related fields we should consider.



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 Highlights

ICF International Coaching Week 2017 Highlights

International Coaching Week 2017 is in the books. The ICF North Texas chapter encouraged members to get to know each other by sharing in three areas: reflect, renew and recommit. The point was to be a bit intentional in thinking about you as a coach including why you do what you do and what you will recommit to that will help you grow and develop personally and as a coach.



Here are a few highlights from what was shared:

I became a coach because in my corporate HR work I got burned out and didn't personally feel like I was making a difference in people's lives. I stayed a coach because I discovered what an absolute joy it is to routinely have deep, meaningful conversations with my fellow humans. I am *renewing* that feeling by writing a book. I've been dreaming about this book for a few years now, trying unsuccessfully to complete it, but finally feel like I am on a path to make it happen. The title of the book is *Corporate Life is Hell (But it Shouldn't Be): How to Liberate the Leader Within You and Be Happy at Work*.

I decided to become a coach when I realized the powerful sessions my consulting clients were experiencing when we worked together toward their digital strategies (video and social), specifically their personal brand. I had an 'aha!' moment when I realized just how *personal* thought leadership can be. Around the same time, I asked myself, "How much more awesomeness would we co-create if I really 'knew' what I was doing?" (Asking empowering questions, shifting energy on perspectives and possibilities, etc.) "Imagine how much more empowering our sessions could be if my masters in social media marketing and becoming a certified professional coach synergized!" And, the adventure is just starting with iPEC—I'm about half-way through their program.

Being a part of corporate America, I saw how hard the company worked to provide effective tools for their team members. I also witnessed great people struggle to find their foothold through organizational change. There was wonderful training, good supervision, systematic approach to incentives, and all the things you would expect to make change more comfortable. Some teams were able to create and sustain change more effectively than others and it all come down to whether that team member's leadership included good coaches. I wanted to be a part of making change more fun, more exciting, more empowering, more comfortable—more everything for the people going through it in organizations. That's why I became a coach!

These are just three of the inspiring reflections shared. Now, it's your turn. Let's keep this going. Send your stories about why you became a coach, what you do in your work to renew (yourself or others) and what are you recommitting to when it comes to growing—maybe it's your skill set, your impact or even your practice. We'll continue to collect stories so that we can share with the chapter in the coming months. Stop now and write a paragraph to share with the chapter and send it to Communications@icf-nt.com.

ICF-NT Social Media Update

Social Media Update

What's all the hubbub on Social Media? Why should I use any of these forums?

Our intention is to reach you and any potential coaching clients or organizations looking for coaches by using all platforms available to us. We have a Facebook page, a Facebook group, a LinkedIn network, and Twitter. These are places where you can find information to build your business, potential clients, and build your coaching community. Here are the links to getting yourself on our sites:

LinkedIn

- Log into LinkedIn and search for groups using "ICF North Texas Chapter"
- Ask to join the group and we will add you. <https://www.linkedin.com/groups/1863052>

Our LinkedIn platform is a great way to market your business and share ideas with fellow coaches. LinkedIn allows for person-to-person interaction and some of you already use this to share your business offerings. One great benefit of using LinkedIn is that your post will be sent through email to everyone in the network. It is a great direct method of communicating with your fellow coaches.

Twitter

If you like fast paced information, Twitter is your speed. Along with following political and news trends, Twitter is a great mechanism to build your business and stay current with daily trends. Follow us using the account link:

https://twitter.com/ICF_NT.

Facebook Page Instructions

Here is the link: <https://www.facebook.com/icfnt/>. Once you are in there, you can make sure you always receive notifications about our chapter by changing your follow status from the "Following" drop-down menu at the top of the page. Under "In Your Newsfeed," select "See First" and under "Notifications," select "All". The screen shot at the end of this article shows how it looks from a laptop.

Facebook Group Instructions:

ICF North Texas now has 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 ICF-NT members and guests. While the Page is more focused on broadcast messages, the Group can be a more intimate place for our members and guests to engage with each other.

When you are a member of the Group, you have full rights to post and respond to any content that interests you. 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.

If you need more information or assistance you can email Norma Martinez at PR@icf-nt.com.

What's Happening in the ICF-NT Facebook Group?

If you haven't joined our group, you're missing out on some great information. This is a forum where anyone can post any content or share any information with other members of ICF NT. You can even invite others to join. Recently, we've been chatting about:

- ICF Converge 2017—first global ICF conference in a long time that will be happening in August in Washington, DC
- International Coaching Week and how coaches in our chapter reflect, renew and recommit when it comes to coaching
- Tips on how to prepare for the Coach Knowledge Assessment (CKA) as part of the ICF credentialing process
- Links to helpful articles about growing your coaching business and how to make people eager to invest in coaching
- New LINC (learn more about these [here](#))

Click [here](#) to join. And, remember to like and comment on posts so that you see updates and new posts as they occur.





Save the Date! ICF-NT Upcoming Meetings



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

ICF-NT Faith-Based Community of Practice

ICF-NT Faith-Based COP Update

The Faith-Based Community of Practice is active and planning for the future! Here are the details:

Our purpose: We want to elevate the awareness, application, and support of coaching for ministry leaders of all faiths. We want to have a broad appeal, avoiding sectarian differences as well as any expressed or implied judgment.

We may work with: Pastors, church staff, lay leaders, members of congregations, as well as any individuals who express a need for a faith-based coach/approach or desire to include religious language and references.

Our communication tools are: Our [Facebook Closed Group](#) and our Google Group email list, icf-nt-faith@googlegroups.com. You can request membership in either!

We will meet monthly: After each ICF-NT Luncheon/Program, 1:30-2:30pm in the Café at Hackberry Creek CC. Our next meeting is June 9, and Dale Young will present and lead the discussion.

We also hope to offer a program related to spirituality in coaching for a monthly ICF-NT meeting in the future.

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.



You wouldn't trust your car to just any mechanic.

Why would your clients trust their 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.

Renew your ICF membership and credential to connect with cutting edge coaching research, lifelong learning, networking and community-building opportunities.

Go to www.coachfederation.org to renew today.



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 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

Upcoming Chapter Meetings and Programs

June 9	ICF-NT Luncheon Program at Hackberry Creek Country Club. <i>How Engaging in Mindfulness Will Transform Your Personal and Professional Lives for the Better</i> . Presented by Jaya Mathews, PhD.
June 15 and June 22	ICF-NT Two-Part Webinar Series. <i>Going Deeper Into the Practice of Mindfulness for Both You and Your Clients</i> . Presented by Jaya Mathew, PhD.
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:

