

# RRUPDATE

January 2006 Volume 1, Issue 1

An Unofficial Gathering of RRU Executive Coaching Alumni



- **What are the benefits of reconnecting with other graduates?**
- **What kind of support are you interested in?**
- **What would make a RRU CEC alumni group useful enough for you to join in?**

Some grads want to keep their interest in professional development fresh, others want to maintain our collegial community, while others just want cheaper workshops! What about you?

## **What's this about a dinner on January the 25th?**

Are you curious to see if there is enough interest to start a CEC alumni group in the lower mainland. With sufficient numbers we would be able to offer short workshops, invite guest speakers, discuss new coaching developments, or whatever those who participate are interested in (yearly? quarterly?). We have been trained to be lifelong learners and other coaching schools have lively ongoing support programs, so perhaps it is a natural fit to meet other RRU grads and reconnect again occasionally.

**WHO:** All Certified Executive Coaching cohorts and the RRU support teams are invited

**WHEN:** The very first all-cohort dinner will be on January 25th. RSVP by the 20th of January. 6:00 pm mixing, reconnecting, catching up on the news, 7:00 pm dinner

**WHERE:** The elegant Hart House on Deer Lake in Burnaby, Vancouver. We have booked a private room that holds 20 (no room for partners this time! sorry). The place has the same kind of magic and grace as the RRU castle. [www.harthouse-restaurant.com](http://www.harthouse-restaurant.com)

**COST:** Our group rate gives us a \$50 meal for \$38. As the fee was put on Sue Drinnan's VISA, please bring cash or cheque for \$49 (includes salad, dessert, coffee, tea, Taxes and Tip).

**BRING WHAT:** If you have an updated one-page bio, please forward it to me before the 18th of January and I will post them all on my website under "For Coaches" so you can see who is up to what, and who is coming to the dinner. Please bring business cards and brochures etc if you wish (and funny cohort photos if you want) to put on the Contact Info side table. As well, we need a good door prize; if you have one to offer please let Sue Drinnan know.

**What are your thoughts? Suggestions?** A few of you said the dinner idea sounds great, so here goes! Please indicate the year you graduated in your correspondence.

To those who will be at the on-site, please accept our sincere apologies for the date conflict. We will have another dinner soon!

We look forward to your replies, even if you cannot make it.

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**Welcome to the first  
edition of RRUPDATE!**  
*It's for you!*

## **Upcoming events:**

- ICF Vancouver Chapter meeting
- January 25th gathering of alumni
- ICF accreditation Tele-classes

## **Dinner Roster**

In attendance at the Hart House on the 25th of January will be the following graduates.

Sue Drinnan Pat Kaspro  
Pat May Dorothy Shaw  
Jacque Small Wanda Wilson  
Allison Wolf

## **Regrets**

Linda Alexander Norman Bradley  
Marjorie Busse Michelle Rupp  
Josie Carlstrom Carollyne Conlinn  
Stella Cooper Brian Fraser  
Sherry LeBlanc Joanne Loberg  
Marion McAdam Carol Sachowski  
Darlene Samer Katherine Taberner

Those who sent regrets were clearly interested in attending the next gathering. What about those we didn't hear from? The problem remains that there hasn't been much a reason to update one's RRU link email, especially for out-of-towners. Here's the link if you want to send it to those in our cohort who are not on the list (assumption = they didn't get the email?) [www.royalroads.ca/addresschange/](http://www.royalroads.ca/addresschange/)

## **HOW DO WE RE-CONNECT?**

We could potentially dovetail with the Vancouver ICF chapter workshops but I am the only RRU grad who attends regularly. So perhaps if it is of interest, we could join in with the ICF, maybe 2x/yr? What other ways do you think we could keep in touch?