

RRUPDATE

June 2006

An Unofficial Gathering of RRU Executive Coaching Alumni



IMPORTANT: If you are not getting regular email from RRU, your email address is not updated (and you won't find out about future coaching events!). Go to: www.royalroads.ca/addresschange/. Forgot your password? Call RRU at 1-877-778-6227.

Resonant Leadership, June 5th

A grateful **Thanks** to **Brian Fraser**, for his concise, dynamic and inspiring book summary on Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion by Boyatzis and McKee. 20 years of research has shown that half of all leaders are ineffective or fail to form resonant relationships. So useful: left us all wanting more! Thank you Brian.

Golfing with Coaches Wed July 5th

5:00 pm at the McCleary Golf Club, Vancouver. A relaxed evening to have fun, improve your game and catch up on the latest coaching news. RSVP is a must, by July 2nd to jacque@catalystcoach.ca. Don't golf? Meet us for a beverage afterwards at 7:30 pm on the deck at the golf club. NB: not at the Cheshire cheese!

Upcoming monthly meetings

WHERE? All meetings are at 6:00PM, 4th Floor NewVista Care Home, 7550 Rosewood St, Burnaby. Thank you Pat Kraspow! RSVP to sue@insightleadershipdevelopment.com the week before. **COST?** just \$10 which includes supper. We ask that you at least try to bring one other RRU coach. Don't forget your brochures or business cards, and a bottle of wine to share.

Coaching Case Study, Mon Sept 18th

Pat May will lead a case study exploring one of Jacque Small's clients. Common experiences and ethical conundrums are sure to prompt lively discussion on different approaches and their effects. BTW, bring photos of your summer adventures for updates during social time afterwards.

Book Summary: The EQ Edge, Tues Oct 10th

Sue Drinnan will present the book: The EQ Edge: Emotional Intelligence and Your Success by S. Stein, H. Book. New data show that emotional intelligence is a much better indicator of future professional and personal success than IQ. There is a very clear, powerful link between emotional intelligence and the achievement of real life success in workplace, personal relationships, social popularity, and well-being. This is a classic book that will help coaches understand and support their clients to a new level. Bring your experience and join the discussion on what EQ coaching could look like.

St Louis ICF Meeting Report, Wed Nov 15th

The International Coach Federation Annual Meeting attendees will share highlights of the largest coach meeting in the world. There will be reports from the different conference tracks and specialties, as well as the separate ICF Coaching Research Symposium. This meeting is a must, especially if you traveled to the meeting and would like to hear about the seminars you missed while attending others!

Coaching Article Discussion/ Wine and Cheese, Thurs Dec 7th

A short pivotal coaching article will be distributed for pre-reading. We will discuss its meaning and

The Lower Mainland is the first in Canada to have its own RRU Executive Coach Alumni Branch.

What do RRU CEC Alumni Gatherings provide?

1. Intellectual exchange: discussions on the latest coaching research findings, HBR or Fast Company papers, new books, journal club
2. Professional development: practicing and mastering specific coaching process skills, differentiation (learning about specialty areas such as internal vs. external coach issues, women's coaching, EQ), getting live observer feedback on our coaching, new coach teaching models and metaphors, reports on conferences you missed.
3. Community: connecting with others with a common background and shared language, exchange of ideas, new collaborations and partnerships. Many of us are out-loud thinkers, and between confidentiality issues and professional isolation, where can we process? Matching experienced coaches with same.
4. Building the business of coaching: Do's and Don'ts of marketing, brochure face shots, e-zines, marketing material bloopers, war-stories, benefits of different coaching associations (ICF, ECS, WABC etc), and accessing services that individuals cannot.

Want more info?

My line is open.
Sue Drinnan ACC CEC Grad '04
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604-327-4358

This reconnecting initiative is for all Royal Roads University certified executive coaching cohorts and the RRU CEC program support team. We are having difficulty reaching coaching grads, so please help out and forward this to your cohort members!

Have a Great summer break!