

RRUPDATE

September 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.

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. NOTE :Please email me so I can forward you the 1-page description we will be discussing! Common experiences and ethical conundrums are sure to prompt lively discussion on different approaches and their effects on our client types. 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 powerful link between emotional intelligence and the achievement of real life success in workplace, personal relationships, health and social well-being. This is a classic book that will help coaches understand and support their clients to a new depth.

Report from St Louis ICF Conference, Wed Nov 15th

The International Coach Federation Annual Meeting attendees will share highlights of the largest coach meeting in the world Oct 31-Nov 4. 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 if you want to hear the latest in the field or if you traveled to the meeting and would like to hear about the seminars you missed while attending others! Check out ICF at www.icfvancouver.org as well!

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

A short pivotal coaching article will be distributed for pre-reading to those who RSVP. We will discuss its meaning and implication to coaches, and to your own practice in particular. This may be short as some people may be in a social mood (the party begins as soon as we want it to)!

Past Event: Golfing with RRU Coaches, July 5th at Mcleary Golf Club

It was a lovely setting for the first CEC Vancouver social event. A relaxed evening at the driving range brought us tips and techniques, and then we caught up on social news at a sunset dinner. The dining room vacuum cleaner was labeled with the word "coach" in 4 inch letters, which was good for a laugh. Thank you to those who contributed to the fun: Jacque Small, Brian Fraser, Kat Kasprow, Marj Busse, Erna Hagge and myself. Hope to see you at the next event!

What would you like to see in the January program? Internal vs external coaching challenges? Tuning your networking skills and 'making the ask'? Practicing 'extreme coaching'? Contact us and make your professional development wish!

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!

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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!

