

RRUPDATE

April 2006

An Unofficial Gathering of RRU Executive Coaching Alumni



The April Coaching Alumni Dinner

A new group gathered on April 3rd '06 for some lively exchanges, brainstorming and a tasty meal. While each coach is working in a different niche, we found that what we are looking for from an alumni group is very similar, for example:

Intellectual exchange: discussions on the latest coaching research findings, HBR or Fast Company papers, new books, journal club

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.

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.

Building the business of coaching: Do's and Don'ts of brochure face shots, e-zines, marketing materials bloopers, war-stories, benefits of different coaching associations (ICF, ECS, WABC etc), access services that individuals cannot.

WHAT'S NEXT?

- We decided to meet on the 1st Monday of each month except July, August and September. We will test the following meeting format:
 - 5:00-6:00 pm Coaching Feedback triads: Find a triad, introduce yourself, get coached, coach another coach or provide specific feedback.
 - 6:00- 7:00 pm Presentation by guest (?) and facilitated discussion
 - 7:00- 8:30 pm Dinner and open floor discussion (how the feature applies to your experience or domain, etc). I will need your RSVP for each event.
- PAT KRASPOW has generously offered to host the next events at her workplace, The NewVista Care Home 7550 Rosewood Street in Burnaby. Thank you Pat .
- We will have a fun, social alumni golf event for you on the 19th of June at the McLeery Golf Course on Marine Drive. Thank you to Jacque Small who volunteered to coordinate the event. If you have golfed before, you may need to coach some of us rookies!! For more info, contact jacque@catalystcoach.ca

Thank you to the following coaches who attended the dinner and contributed their vision, time and suggestions on how we can build a community for ourselves:

Brian Fraser Darlene Samer Jacque Small Pat Kraspow Pat May
Wanda Wilson and Alison Wolf (in absentia).

Now is your chance to shape a community that really will support you in your professional growth. Have a say in the planning so that it works for you! Looking forward to getting to know you better. Till then,

Sue Drinnan '04

Inspiring excellence, purpose and learning

This reconnecting initiative is for all Royal Roads University certified executive coaching cohorts and the RRU CEC program support team.

Monday May 1st

5:00 pm reception and triads

6:00 pm RESEARCH ON PERSONALITY TRAITS AND COACHING

powepoint presentation by Sue Drinnan. Please RSVP!

7:00 dinner* and collegial discussion

*\$10. If you enjoy wine with dinner please bring a bottle to share.

Monday June 5th

5:00 pm reception and triads

6:00 pm Book Summary ppt presentation by Brian Fraser on RESONANT LEADERSHIP

7:00 dinner* and discussion

*\$10 If you enjoy wine with dinner please bring a bottle to share.

Monday June 19th

GOLF AND COACHING : 5:00 pm at the McLeery Golf Club in Vancouver. A relaxed evening to have fun and take a few swings. RSVP is a must, by May 15th to jacque@catalystcoach.ca (no drop-ins!). Jacque Small will send confirmation but only to those who contact her.

Missing in Action

Here are the people I have heard from so far. Is anybody you know missing from this list?! Please have them update their RRU alumni contact email info.

Linda Alexander	Norman Bradley
Marjorie Busse	Josie Carlstrom
Carolynne Conlinn	Stella Cooper
Brian Fraser	Sherry LeBlanc
Joanne Loberg	Kathy McLaughlin
Marion McAdam	Michelle Rupp
Carol Sachowski	Darlene Samer
Katherine Taberner	Pat Kaspro
Pat May	Dorothy Shaw
Jacque Small	Wanda Wilson
Allison Wolf	

BTW Please prepare your updated one-page bio so they can all be posted on the RRU website. Thank you to those who have already sent it. More from RRU later . . .