

# RRUPDATE

March 2006

An Unofficial Gathering of RRU Executive Coaching Alumni



## Why a RRU Executive Coaching Alumni Gathering?

Many CEC graduates have expressed an interest in continuing their professional learning, a desire to have in-depth discussions with other accomplished coaches, and a curiosity to hear and discuss the latest in coaching research findings. Some alumni may want feedback on their coaching to keep them on their toes and get a fresh perspective on their coaching habits. We tend to work in isolation of other coaches, and some of us miss that special understanding and connectedness that comes from other coaches. Also, the possibilities that can arise during networking are surprising, with new solutions, types of support and collaborations sprouting easily.

## Join us for our 2<sup>nd</sup> All-Cohort Dinner

**When:** Monday, April 3rd, 2006

6:00 pm reconnecting, dinner at 6:45 sharp (bring business cards) Door Prizes!

**Where:** New Vista Society

7550 Rosewood Street, Burnaby, BC

**Cost:** \$18 all-inclusive, check payable to Insight Leadership Development Inc.

**RSVP:** by noon March 31<sup>st</sup> : [Sue@insightleadershipdevelopment.com](mailto:Sue@insightleadershipdevelopment.com)

NB: *Pat Kaspro* has generously offered to host this event at her workplace, the New Vista Care Home. We thank you Pat.

**Pre-work:** Please send me your 1-page bio and read the 2 p the article called: *Magic from the Mess; Discovering the Power of Roles in Teams* by printing it from [www.thecoaches.com/newsletter/Boivie.html](http://www.thecoaches.com/newsletter/Boivie.html)

## The first Lower Mainland RRU Alumni gathering last January 25<sup>th</sup> 2006

We savored an exquisite meal at the historical Hart House, and discussed what we wanted out of a quarterly alumni gathering. Allison Wolf, Pat Kaspro, Pat May and myself considered our needs, direction and purpose. Themes arose such as keeping in touch, meeting other cohorts, fine-tuning our own coaching process, growing the business and most importantly, professional development items were high on the list. Now it is your turn!

What would you like out of an alumni group?

Are there questions you would like to ask other CEC grads?

What topics you would like to learn more about?

- What is the average income for 1<sup>st</sup> yr coaches? Who are the MCC's in Vancouver?
- What is Emotional Intelligence? Dealing with internal vs external coach needs?
- Do's and Don'ts for website head photos ?
- How will the RRU gathering be different from what ICF-Vancouver offers?

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

Sue Drinnan, Grad '04

Inspiring excellence, purpose and growth.

[www.insightleadershipdevelopment.com](http://www.insightleadershipdevelopment.com)

See the "For Coaches" section.

604-327-4358

This reconnecting initiative is for all certified executive coaching cohorts and the RRU support team.

COACHES: Please email me your updated one-page bio so they can be collated. See the "For Coaches" section of [www.insightleadershipdevelopment.com](http://www.insightleadershipdevelopment.com) to check out who is up to what!

**We need a good door prize for the next meeting! Any ideas?**

There is clearly enough interest to start a CEC alumni group in the lower mainland, based on the number and nature of the RSVP comments. We have ensured that this April 3<sup>rd</sup> is not during a RRU on-site (oops) and hope you will have a chance to benefit from the collegiality and learning this next quarterly event will bring.

Here are the people I have been able to reach. There are so many missing in action. Please forward this to your cohort members to invite them if their name is not below (or send me their email).

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

ICF Vancouver Mtg Mar 23, 6:30pm  
"Assessing the Effectiveness of Business and Executive Coaching" by Ray Williams, Vice President of ICF Vancouver Chapter at the Arbutus Club