

# RRUPDATE

May 2006

An Unofficial Gathering of RRU Executive Coaching Alumni



## IMPORTANT:

Many of you who get this newsletter have not updated your contact info yet on the RRU alumni website. We will be using ONLY that database to contact you for future events, such as the Post-ICF Conference Debrief in November, '06, etc. [www.royalroads.ca/addresschange/](http://www.royalroads.ca/addresschange/). Forgot your password? Call RRU at 1-877-778-6227

## Monday, June 5<sup>th</sup>

Our last meeting until the fall will be a book summary presented by Brian Fraser, CEC on Resonant Leadership *Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion*. Authors *Boyatzis and McKee* provide an indispensable guide to overcoming the vicious cycle of stress, sacrifice, and dissonance that afflicts many leaders. *Resonant leaders establish deep emotional connections with others to bring out the best in their people and to build resilient, adaptive organizations. "The ultimate test of leaders is, are they inspirational?" he said in an interview. "If you don't feel lifted up, they're not." Boyatzis' 20 years of research has shown him that half of all leaders are ineffective or fail to form resonant relationships, he said. Another 20 to 30 percent are treading water. How do you know that a person is a resonant leader?*

- "First, does the person create an overall positive emotional tone in the organization, in the family, in the group?" he said.

*This is what he calls hope.*

- "Second, is the person in touch with what's in my heart and mind? Do they understand me, do they care about me?" This, he said, is compassion.

- "Third, is the person in tune with themselves and what's around them? Are they awake and aware?" This he calls mindfulness.

*What enables a leader to experience and foster hope, compassion and mindfulness, he said, is emotional intelligence -- a faculty that his two decades of data proves to him beyond a doubt can be learned and, once learned, improves leadership ability.*

Join the lively discussion and learn about the importance of this pivotal book to coaching.

**WHEN?** Monday June 5<sup>th</sup> at 6:00 pm. \$10. includes supper (bring wine to share).

**WHERE?** 4th Floor NewVista Care Home 7550 Rosewood Street in Burnaby. Thank you PAT KRASPOW for generously hosting this event. RSVP to [sue@insightLeadershipdevelopment.com](mailto:sue@insightLeadershipdevelopment.com).

## Monday June 19<sup>th</sup>

**GOLF AND COACHING** : 5:00 pm at the McLeery Golf Club in Vancouver. A relaxed evening to have fun and take a few swings. Improve your game, reconnect, enjoy refreshing conversation and catch up on the latest in coaching news. RSVP is a must, by May 22<sup>nd</sup> to [jacque@catalystcoach.ca](mailto:jacque@catalystcoach.ca). Jacque Small will send confirmation and details to those who contact her.

## 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.

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

## FALL Gathering

In mid-November, we are planning an exciting Vancouver gathering to discuss the International Coach Federation (ICF) Annual Conference in St Louis, the previous week. Those who could not make it to the ICF conference are welcome to join and learn all about it. We need help with letting the CEC grads know that they will not hear about it unless their email address is up to date on the RRU database.

We will be taking a break over July and August. Mark your calendar to check the RRU calendar in early September for upcoming Executive Coaching events. <http://www.royalroads.ca/about-rru/the-university/>, go to Alumni, Events.

Here's your chance to shape a community that will support your professional efficiency and growth as an executive coach.

**"When your ship comes in, make sure you are willing to unload it"**

**Robert Anthony**

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

## Need more info?

Questions on how you can be involved? My line is open.

Sue Drinnan Grad '04  
[sue@InsightLeadershipDevelopment.com](mailto:sue@InsightLeadershipDevelopment.com)  
604-327-4358