

RRUPDATE

October 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 invite at least one other RRU coach. Don't forget your brochures or business cards, and a bottle of wine to share.

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. Understanding why very bright people do things that do not make sense, or can even be harmful, is a huge help to coaches. This is a classic concept that will help every coach 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: Coaching Case Study, Mon Sept 18th

A good discussion on when coaching more than one in a organization is ethically difficult, and the relationship between our gut discomfort and what legal but immoral. We discussed if both clients are in a conflict or have issues with each other, they need to be working it out together and communicating directly. If the coach does not have the mediating or conflict resolution skills/training then that is a good time to call in reinforcements. That way the clients finish with better communication techniques they are able to use themselves to resolve and strengthen the relationship. If there is no entanglement and the coaching topics are distinct from each other, no problem with coaching multiples.

GROUP FEEDBACK: After almost a year, feedback from RRUpdate meetings is accumulating. Here are some of the comments from participants.

- "made me reflect on how I handle my own clients"
- "great to get together with other practicing coaches"
- "new approaches and perspectives I can use right away"
- "excellent debrief to rethink what Q was missing"
- "the coaches who are not here are really missing out"
- "good to hear others' experience and how it compares to mine"
- "enjoy the relief it provides from the professional isolation"
- "can see a potential collaboration growing from this"
- "rare moments that force me to reflect on my own coaching"

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!

