

# RRUPDATE

October 2007

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/](http://www.royalroads.ca/addresschange/). Forgot your password? Call RRU at 1-877-778-6227.

## Alison Hendren re-connects with CEC grads

Don't miss this opportunity to join us on a RRU CEC-exclusive call to hear about the developments in coaching on a global scale from Alison's perspective. As the last-years ICF conference co-chair in St Louis, she is uniquely connected to have insight and perspective on the development and future for coaching. On the front edge of academic, practical and business coaching developments, trust Alison to inspire and bring us some real coaching momentum. Do you have a question you would like Alison to address? Please forward it to me and you will have your answer!

**DATE:** Monday, 1<sup>st</sup> of October

**TIME:** 09:00 AM Pacific

**PHONE:** 641-594-7500

**PIN:** 44952

NB: Special thanks to Jim McLaren for making this important initiative happen.

## Coach Gatherings

Are you still keeping in touch with your cohort? If you are, what is most useful? If you aren't what would be the one thing that you would want out of a CEC gathering? Let us know what you are up to, and we can share your learning, good news, wisdom and other updates with your CEC communities.

## Vancouver Branch Christmas Party

We need to choose a restaurant for our end of the year party to book it in the next few weeks. This will also serve as a post-ICF-conference -reunion and a brainstorming forum for what the Vancouver Branch wants for '08. Please email me your venue recommendations. Other communities, please let us know what you have been up to or what is coming up, and we can share the word!

## Vancouver Branch Feedback:

It has been 2 years since our first meeting. While it hasn't been perfect or easy, the feedback from RRUpdate meetings is almost all positive and 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"

## Coaches as Lifelong Learners

RRU promotes lifelong learning. . . what are you doing to keep your learning edges sharp these days? Present a case study, a book or HBR article etc that is relevant to coaching to our CEC community on our next call. Just let me know how and when you would like to do it, and you are in !!

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!**

Sue Drinnan PCC, CEC Grad '04  
[sue@InsightLeadershipDevelopment.com](mailto:sue@InsightLeadershipDevelopment.com)

604-327-4358

*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!*

