

# SAPCA

## Beginning June 10th New Meeting Location

We are pleased to announce that beginning with the June 10<sup>th</sup> meeting we will be relocating to Independence Hills Retirement Resort Community, in the Assisted Living Center (directions on page 2). This beautiful location is also the meeting place of the Stone Oak Business Association, along with many other organizations.

*Meetings are held the 2<sup>nd</sup> Thursday of every month, 7:00 – 8:30 a.m.  
Members and Guests (welcomed!):*

*Sharon Powell, our membership chair, is the person who gives the meal guarantee to our hosting facility. She is asking that you PLEASE RSVP no later than the Second Monday of each month so that she can give an accurate count. Simply send her an email to [COACHSKPowell@hotmail.com](mailto:COACHSKPowell@hotmail.com)*

### VISION

We are the premier home for South Texas coaches, creating a transformational environment conducive for being extraordinary coaches who enrich the lives we touch.

### MISSION

We are a community of coaches with diverse backgrounds and skills whose purpose is to help our members bring out the best in their clients, our community, and ourselves.

### VALUES

Service  
Authenticity  
Passion  
Connectedness  
Abundance

## What's Up With Our Own Coaches?

BARBARA A.F. GREENE was selected to serve on the National Association of Women Business Owners San Antonio Chapter Board of Directors 2004-2005. She is the Program Chair.

DAVID FLACK, past president of SAPCA and current Board Director, will be a co-author this fall in the WAKE UP...LIVE THE LIFE YOU LOVE series of books. His "Freedom of Choice" chapter has been accepted by the publisher, and other co-authors include Deepak Chopra, Dr. Wayne Dyer, Mark Victor Hansen, Robert Allen, Joe Vitale, John Assaraf, Brian Tracy, and Tom Antion. The general public's publication date is expected late October, and David will be in-person with Mark Victor Hansen and Robert Allen next month in Dallas.

JAYNE L. GARRETT, PCC - The book signings in May at Borders in San Antonio went quite well. Jayne will be embarking on a Texas tour to promote *Adventures In Menopause: A Lighthearted Guide to Survive the Menomonsters(TM)* in July, 2004.

## Coachville Study Group

Third Saturday of each month  
June 15th, 10:30 a.m. - 12:00 p.m.  
Wayland Baptist University

**No charge! No Dues! No Hassle**

### This Month's Topic: **SOLUTION and "ABSENCE OF" Coaching Models**

In 2003, We looked at Coaching Proficiencies, Life Frameworks, Client Deliverables, Listening Clarifiers and Communication Style Points, along with Primary Relationships. We are now moving into an ongoing study of other coaching models. In 2004, we have already looked at Basic, Intermediate, and Advanced Coaching Models, Chiropractic (energy flow) and Personal Foundation Models, and Bigger Thinking and Distinction Models.

**Our goal is to make this group fun, insightful and worthy of your time. Questions?**

**Contact Your Facilitator:** David Flack (210) 492-0410 [dflack@satx.rr.com](mailto:dflack@satx.rr.com),

**Directions:** Room 110 - Wayland Baptist University- San Antonio Campus at 11550 IH 35 North located off of the North bound service road of IH-35, about 3 exits inside Loop 1604. There is only one building on the campus. Traveling north on I-35, take the Weidner exit, go through the light and watch for the Wayland sign, it is just past Teachers Credit Union. Traveling South on I-35 take the Weidner exit and do a turnaround so that you are heading North on the access road. Go to the back of the building.

## Directions to Independence Hills

The **Ivy Room** at **INDEPENDENCE HILL** Retirement Resort Community (Assisted Living Center) – 20500 Huebner Road in San Antonio - 78258 (210/615-4000). Located north of Loop 1604, east of Stone Oak Parkway on Huebner Road. You can also take the Sonterra Blvd. cutoff, off 281N, to Stone Oak Parkway, turn right and go to Huebner Road, and turn right.

**SPECIFICS:** Going north on HWY 281 North, go past Loop 1604 and take the next exit (Sonterra Blvd.) – go west on East Sonterra Blvd. until it dead-ends at Stone Oak Parkway (The Club at Sonterra and Jefferson Bank intersection). Turn right onto Stone Oak Parkway, and go north to Huebner Road. Turn right and go about two blocks east, you will pass two gated entrances of Independence Hill. Then turn right into the third entrance (not gated) directly into the parking lot (Assisted Living Center) ... **OR** ... Going west on Loop 1604, take the Stone Oak Parkway exit (between Blanco and 281 North) and go under Loop 1604, north to Huebner Road. Turn right and go about two blocks east, you will pass the two gated entrances of Independence Hill. Then turn right into the third entrance (not gated-Assisted Living Center) directly into the parking lot.

## SAPCA CORE VALUES

### **Service**

*Service is making a difference in the well-being of our membership, community, and clients.*

### **Authenticity**

*Authenticity is our "way of being" open, genuine and trustworthy.*

### **Passion**

*Passion is the fuel that energizes us into being extraordinary.*

### **Connectedness**

*Connectedness is the synergy of empathy, inclusivity and relatedness, which creates alignment, belonging and partnership.*

### **Abundance**

*Abundance is our attitude that creates a variety of choices and possibilities through generosity and sharing.*

## ICF Coaching Core Competencies

The ICF Core Coaching Competencies were developed to support greater understanding about the skills and approaches used within today's coaching profession. The competencies are the foundation of the ICF Credentialing process.

To support you in continuing to integrate these competencies into your coaching business and also in articulating them to your clients or prospective clients, each month a Core Competency will be featured in this newsletter.

### CORE COMPETENCY FOR JUNE

#### COMMUNICATING EFFECTIVELY

**Active Listening** - Ability to focus completely on what the client is saying and is not saying, to understand the meaning of what is said in the context of the client's desires, and to support client self-expression

- ◆ Attends to the client and the client's agenda, and not to the coach's agenda for the client,
- ◆ Hears the client's concerns, goals, values and beliefs about what is and is not possible,
- ◆ Distinguishes between the words, the tone of voice, and the body language,
- ◆ Summarizes, paraphrases, reiterates, mirrors back what client has said to ensure clarity and understanding,
- ◆ Encourages, accepts, explores and reinforces the client's expression of feelings, perceptions, concerns, beliefs, suggestions, etc.,
- ◆ Integrates and builds on client's ideas and suggestions,
- ◆ "Bottom-lines" or understands the essence of the client's communication and helps the client get there rather than engaging in long descriptive stories,
- ◆ Allows the client to vent or "clear" the situation without judgment or attachment in order to move on to next steps.

As you coach this month, we encourage you to place extra focus on this competency. More than likely we all aspire to being masterful coaches ... mastering one competency at a time is a way to support that goal!

**SAN ANTONIO PROFESSIONAL COACHES ASSOCIATION**  
**(SAPCA) - ICF CHAPTER** Lockhill Station Post Office Box 780114 - San Antonio, TX 78278-0114  
**Membership List** (more detail at <http://sapca.org/members2.htm>)

Jim Antenen (Honorary Member) jimantenen@earthlink.net 826-7595 ext. 230  
Caterina Nur Arends Caterina@highervisioncoaching.com 492-6882  
Dee Dee Aspell (Honorary Member) deede@aspell.com 930-4664  
Mike Bellomy, PRESIDENT=ELECT 2004 mike@mountaintop-life.com 830-230-5395  
Laurie "Sunny" Brainerd (NEW MEMBER) coach@simplyharmonious.com 930-2544  
Edie Schnaitter Britton ediebritton@aol.com 830-980-6684  
Deb Buehler, first Affiliate Member debbuehler@hotmail.com 402-4052  
Leslie Cardinal – COACHING WEEK 2004 CHAIR & BOARD DIRECTOR Leslie@LeslieCardinal.com 496-3304  
Fred Chavez – STRATEGIC PLANNING CHAIR & NEW BOARD DIRECTOR FChavez445@aol.com 573-3659  
Dick Copeland coaching@RichardCopeland.com 822-9269  
Judi Craig judi@coachsquared.com 824-3391  
Linda Crum, Associate Member lcrainer@aol.com 490-4742  
Ian Dahlgard iancoach@aol.com 273-5331  
Sue D'Ambrosio – RESOURCES CHAIR/BOARD DIRECTOR sdambrosio@satx.rr.com 650-5470  
Susan DeLoren susan@bnisa.com 688-9623  
Susan Dunn sdunn@susandunn.cc 496-0678  
David Flack – PAST PRESIDENT/COMMUNICATIONS CHAIR/BOARD DIRECTOR DFLACK@satx.rr.com 492-0410  
Jayne Garrett – 2003 BOARD DIRECTOR jayne@jaynegarrett.com 490-6106  
Wendy Geisler nutritionmaven@aol.com 823-4363  
Michelle Glenn taproutes@aol.com 479-9492  
Barbara Greene- BOARD DIRECTOR barbara.greene@greeneandassociates.net 366-8768  
Amy Gwin amy@gwincoaching.com 826-0360  
Lynise Harris Lkxhomo@aol.com 393-4145  
Gene Hildabrand, Associate Member Gene@northsachamber.com 384-7726  
Michele Henkle Ireland – 2003 BOARD DIRECTOR Michele@SuccessWorks.com 497-7589  
Vikki Like, (New Associate Member) vikki@esourcecoach.com 342-2563  
John Lovitt – 2003 PRESIDENT john@lovitt.org 364-8025  
Chris Lucerne – 2004 PRESIDENT/SPECIAL EVENTS CHAIR chris.lucerne@prodigy.net 408-7699  
Irene Maxfield, (New Associate Member) imaxboston@yahoo.com 590-1686  
Mike Mayberry – BOARD DIRECTOR mmayberry@theleadershipcoach.net 479-9891  
Sharon Powell - MEMBERSHIP CHAIR COACHSKPowell@hotmail.com 647-0645  
Keith Rolle (now living in Florida) keithr01@earthlink.net 213-7246  
Chuck Saxer – 2004 TREASURER csaxer@o-l-d.com 408-1032  
Poonam Sharma - 2004 SECRETARY sharmap@flash.net 493-6554  
Sue Simpson, first Associate Member suesimpson@ev1.net 930-1020  
Cyndi Smasal csmasal@CyndiSmasal.com 512-847-6888 or 834-4590  
Mary Ann Spears-Howell (New Member) mash@executivesolutionpartners.com 545-3571  
Jack Stephens – BOARD DIRECTOR jack@invest.com 590-6878  
Rick Thomas richard\_t\_thomas@ml.com 490-5170  
Raelyn Van Pelt – NEW BOARD DIRECTOR vanpelt@sbcglobal.net 683-6360  
Blaine Wilson coach@fitcare.net (830) 377-4925