

# SAPCA

## What The Bleep Do We Know?

Great news! The movie that coaches all over the United States have been talking about is coming to San Antonio, "What the Bleep Do We Know?!" It will be at the Bijou and at the Fiesta Theater on Vance Jackson near De Zavala. Check out the website [www.whatthebleep.com](http://www.whatthebleep.com).

At other cities around the U.S. it has been playing to big crowds and the run has been extended. The movie is of broad interest to coaches and a number of coaching SIGS and discussion groups have been talking about it.

"WHAT THE BLEEP DO WE KNOW?!" is part documentary, part story, and part elaborate visual effects and animations. The protagonist, Amanda, played by Marlee Matlin, finds herself in an Alice in Wonderland experience when her daily, uninspired life literally begins to unravel, revealing the uncertain world of the quantum field hidden behind what we consider to be our normal, waking reality. The fourteen top scientists and mystics interviewed in documentary style serve as a modern day Greek Chorus. The chorus members act as hosts who live outside of the story, and from this Olympian

### 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

view, comment on the actions of the characters below. They are also there to introduce the Great Questions framed by both science and religion, which divides the film into a series of acts. Through the course of the film, the distinction between science and religion becomes increasingly blurred, since we realize that, in essence, both science and religion describe the same phenomena. It's a documentary. It's a story. It's mind-blowing special effects. This film plunges you into a world where quantum uncertainty is demonstrated - where neurological processes, and perceptual shifts are engaged and lived by its protagonist - where everything is alive, and reality is changed by every thought.

## SAPCA Nominations

Prior to the December, 2004 SAPCA meeting we will be electing new Directors to the San Antonio Professional Coaches Association Board of Directors. Much thanks to Rick Thomas, Chair of the Nominating Committee and his committee, Wendy Geisler and Sharon Powell for their work. If you have an interest in serving on the Board of Directors, we would appreciate your immediate response. Please contact Rick Thomas at [richard\\_t.thomas@ml.com](mailto:richard_t.thomas@ml.com) 210-490-5170.

# What's Up With Our Own Coaches?

*Congratulations to all of you for your awesome accomplishments!*

## Gene Hildabrand

### 2nd Annual Networkers Conference

The 2nd Annual Networkers Conference will be presented by *New Business Network* in conjunction with its roll-out in San Antonio on November 18<sup>th</sup> at *The Club at Sonterra* from 7:30-9:00am. Gene Hildabrand will once again be acting as the host for this event.

Last year 224 representatives of 20 different groups and organizations attended, and this year that number is expected to grow to 280 representing 28 different groups. Included as Table Sponsors for this year's event are ASTD, BNI, Boerne Chamber of Commerce, Christian Business Chamber, Priority Associates, SA Women's Chamber, SA Tech Connexus, and **San Antonio Professional Coaches Association** to name a few.

Each of the Table Sponsors will have 10 of their members present. Tickets are not available except through the participating sponsors. SAPCA has been provided a complimentary Table Sponsorship at this event and has 10 seats available for its members. If interested in attending, contact Chris Lucerne, [chris.lucerne@prodigy.net](mailto:chris.lucerne@prodigy.net) (first come/first serve). Should we have a larger response than 10 members, David Flack and Freedom Builders also has a table and he will be able to accommodate a few more members.

## David Flack

The FREEDOM BUILDERS technology has been brought to San Antonio (see [www.FreedomBuildersSAT.com](http://www.FreedomBuildersSAT.com))! Due to competing events, the Freedom Builders-San Antonio (FB-SAT) Grand Opening EVENT has been rescheduled for February 18th at the OMNI hotel, offering breakthrough strategies, transformational exercises and quick results. You will have the opportunity to meet real people who have gone from business start-ups to earning over \$100,000 in PROFIT PER MONTH with our Business Success System. Hear Key-note Speaker Ann Preston, Founder of Freedom Builders, on "*Your Life is Now.*" See demonstrations and applications of essential business skills, and walk away with more than pages of notes! Share your story with hundreds of like-minded successful people and learn about leading-edge products & services at exhibit tables located inside the ballroom. Many SAPCA members are now Founding members of FB-SAT and a few Exhibit Tables are still available, so sign up now! Call David Flack for more details at 872-5490 or [David@FreedomBuildersSAT.com](mailto:David@FreedomBuildersSAT.com)

## Michele Henkle-Irelan

Michele Henkle Irelan is pleased to let you know that she has completed her training with *Retirement Options* and has added the *Certified Retirement Coach* designation to her portfolio. If you have clients within 5 years of retirement, wondering what's available for them next – Michele would appreciate referrals being sent her way.

## Janet Bonnin

### WHAT'S CLUTTERING YOUR LIFE?

Whether it's bulging closets, old emotional baggage or over-loaded schedules, many of us face an over-crowded life that frustrates us and saps our energy. On Saturday, October 30, 2004, participants gathered at St. Peter's Catholic Church in Boerne for a spiritual, fun and intriguing look at the many types of *clutter* in our lives. During the workshop, lead by **Simple Journeys Life Coaching** founder **Janet Bonnin**, participants acknowledged the role *clutter* plays in slowing their spiritual growth and learned some simple but effective steps to rid themselves of *clutter* and to prevent its return.

## 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 NOVEMBER***

#### ***Direct Communication***

Ability to communicate effectively during coaching sessions, and to use language that has the greatest positive impact on the client:

- ◆ Is clear, articulate and direct in sharing and providing feedback,
- ◆ Reframes and articulates to help the client understand from another perspective what he/she wants or is uncertain about,
- ◆ Clearly states coaching objectives, meeting agenda, purpose of techniques or exercises,
- ◆ Uses language appropriate and respectful to the client (e.g., non-sexist, non-racist, non-technical, non-jargon),
- ◆ Uses metaphor and analogy to help to illustrate a point or paint a verbal picture.

# San Antonio Professional Coaches Association

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