

SAPCA

Board of Directors

First, it is with extreme gratitude that we thank the following Directors who have now completed their terms on the SAPCA Board of Directors. We so appreciate your time, your contribution, and especially your hearts:

- ◆ Chris Lucerne, President
- ◆ Mike Mayberry, Director
- ◆ Barbara Greene, Director
- ◆ Sue D'Ambrosio, Director
- ◆ Jack Stephens, Director

Second, we also appreciate the following Directors who will be serving on the Board of Directors for another year. We are grateful for your continued service and leadership.

- ◆ Mike Bellomy, President
- ◆ Leslie Cardinal, Board Advisor
- ◆ David Flack, Director of Communications
- ◆ Raelyn Van Pelt, Director of Programs

Third, the election for the 2005-2006 term of the Board of Directors is complete. We are pleased to announce the new Directors and thank you so much for your willingness to give to the organization.

- ◆ Michael Baker, President-Elect
- ◆ Michele-Henkle-Irelan, Treasurer
- ◆ Janet Bonnin, Secretary
- ◆ Susan Dunn, Director of Community Awareness
- ◆ Sue D'Ambrosio, Director of Resources
- ◆ Sharon Powell, Director of Membership

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

With Gratitude!

As this year comes to a close, and the end of my term as President is complete, I want to tell you how much I appreciate each and every one of you.

Coaches are such wonderful people, and you are truly exceptional. I appreciate your brilliance, your kindness, your authenticity. I value your communication and relationship skills. I embrace the fact that by your very nature you want to make a difference in the world ... and you do just that!

So it has been my privilege and honor to serve you. I thank you for trusting me and supporting me in this position. I especially want to thank Mike Bellomy for stepping into my role for several months this year. You are a true giver, Mike, and I value you as my colleague and my friend. I know you will lead this organization in a most excellent way in 2005.

I encourage each of you to keep shining your awesome Light and to go for what you want. Make 2005 the best year ever by really sharing your gifts and talents. The world needs you! Together we will continue to have a significant impact on our community, and through the ripple effect, on our world.

I wish you a beautiful holiday season, filled with much love and laughter. I hope you will spend it with the people who matter most to you; and that you experience and embrace the love that surrounds you.

Happy holidays and many blessings for years to come.

Chris Lucerne
President 2004

What's Up With Our Own Coaches?

Congratulations to all of you for your awesome accomplishments!

David Flack



David Flack has just finished *another* book as a co-author with Deepak Chopra, Dr. Wayne Dyer and Mark Victor Hansen, titled **Wake Up...Live The Life You Love: Finding Personal Freedom** which is expected to be a #1 Best Seller following its release this Christmas. You can see his other publications at <http://theacceleratorcoach.com/eBooks.html>

David is also attending the Grand Opening of Freedom Builders -Dallas/Ft. Worth on December 17th (see www.FreedomBuildersDFW.com for details) and will be having his own Grand Opening of Freedom Builders -**San Antonio** on **February 18th** (see www.FreedomBuildersSAT.com for details).

"What is FREEDOM BUILDERS?" After the success of the Dec. 2nd PREVIEW, where even more SAPCA members and officers became Founding Members of Freedom Builders (FB)-San Antonio(SAT), David Flack is repeating this great opportunity again! Come learn about the Business Success System in a personal group setting in one of the Boardrooms where FB meetings will be held in 2005! VERY special offers will be made to those in attendance and one offer requires you BE in attendance. Come alter your life forever, ask any question, and see how powerful FREEDOM BUILDERS' approach can be: these technologies are earning 6 -to-7 figure incomes! **FRIDAY DEC. 10th 1:30-3:00pm** STONE OAK BOARDROOM at Jefferson Bank - see www.FreedomBuildersSAT.com (click on Daily Meetings tab) to sign up. NO CHARGE for this event, but limited space. Call David at 872-5490 if you have any questions. **DIRECTIONS:** Take Stone Oak Parkway north of Loop 1604 to Sonterra Blvd and turn into Jefferson Bank. Enter main door, turn right and proceed down the hall, turn left towards the Boardroom.

Caterina Nur

I attended the first Coachville Live Certification process weekend in Dallas! After three very intensive, high pressure 12 hour days in the toughest steps in this coaching certification process, I am pleased to say that I passed! The weekend covered steps 2-4 of their 5 step process. The standards for passing were at true mastery level. It was an awesome group of very talented, gifted, experienced people coming together. We were all very supportive of each other in a very challenging, rigorous process. I will now be completing their certification process in the next several months. So, I will be in the first group of coaches at Coachville and at IAC to go through this certification process. It feels good to step out, take this step, make this commitment and therefore expand future options.

Susan Dunn

EQ Alive! Coach Certification Program. Become trained and certified as an Emotional Intelligence (EQ) coach. We have trained EQ coaches all over the world. Contact Susan Dunn for more information on this fast, affordable, comprehensive, no-residency program. Contact information: www.susandunn.cc, 496-0678, sdunn@susandunn.cc .

Kimberly Smith-Martinez

I contributed to an article published in Conexion on November 18th entitled "Creating a 'Wonderful Life' can turn you into Scrooge". Claudia Zapata interviewed me regarding dealing with stress during the holidays and how to delegate/simplify in order to take care of oneself. Unfortunately she was unable to cite my phone number or website so I haven't received any calls from readers but at least it is some exposure!

ICF Conference Tapes and Trade Show Binder

We are pleased to announce that the Conference Tapes from the November 2004 ICF Annual Convention in Quebec City have arrived. The tapes include all sessions presented at the conference. For a small one time investment of \$20.00 you may check out tapes each month from our lending library.

Also, Michele Henkle-Irelan once again has done us the great favor of collecting all materials from all vendors who participated in the trade show at the ICF Conference. The materials are put together in a nice Trade Show Binder. Thanks Michele!

See Sue D'Ambrosio, Director of Resources, before or after any monthly SAPCA meeting for both resources.

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 DECEMBER

FACILITATING LEARNING AND RESULTS

Creating Awareness

The ability to integrate and accurately evaluate multiple sources of information, and to make interpretations that help the client to gain awareness and thereby achieve agreed-upon results:

- ◆ Goes beyond what is said in assessing client's concerns, not getting hooked by the client's description,
- ◆ Invokes inquiry for greater understanding, awareness and clarity,
- ◆ Identifies for the client his/her underlying concerns, typical and fixed ways of perceiving himself/herself and the world, differences between the facts and the interpretation, disparities between thoughts, feelings and action,
- ◆ Helps clients to discover for themselves the new thoughts, beliefs, perceptions, emotions, moods, etc. that strengthen their ability to take action and achieve what is important to them,
- ◆ Communicates broader perspectives to clients and inspires commitment to shift their viewpoints and find new possibilities for action,
- ◆ Helps clients to see the different, interrelated factors that affect them and their behaviors (e.g., thoughts, emotions, body, background),
- ◆ Expresses insights to clients in ways that are useful and meaningful for the client,
- ◆ Identifies major strengths vs. major areas for learning and growth, and what is most important to address during coaching,
- ◆ Asks the client to distinguish between trivial and significant issues, situational vs. recurring behaviors, when detecting a separation between what is being stated and what is being done.

Next Month at SAPCA

Jumpstart your coaching business by attending the January 13th, 2005 SAPCA meeting (7:15-8:45 am). This meeting will be devoted to motivating you to take action to make 2005 your best year ever. Round table discussions on a variety of topics will help set the tone for a fabulous year of coaching. Please attend and bring a friend.

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) deedee@aspell.com 930-4664
Michael Baker PRESIDENT-ELECT 2005 m.baker@thegrowthcoach.com 830-537-3576
Mike Bellomy, PRESIDENT 2005 mike@mountaintop-life.com 830-230-5395
Janet Bonnin SECRETARY 2006 jbonnin@boernenet.com 830-249-9785
Edie Schnaitter Britton ediebritton@aol.com 830-980-6684
Leslie Cardinal BOARD DIRECTOR 2005 Leslie@LeslieCardinal.com 496-3304
Fred Chavez Past Board Director FChavez445@aol.com 573-3659
Dick Copeland coaching@RichardCopeland.com 822-9269
Judi Craig judi@coachsquared.com 824-3391
Linda Crum lctrainer@aol.com 490-4742
Ian Dahlgard iancoach@aol.com 273-5331
Sue D'Ambrosio BOARD DIRECTOR OF RESOURCES 2006
sdambrosio@satx.rr.com 650-5470
Susan DeLoren susan@bnisa.com 688-9623
Susan Dunn BOARD DIRECTOR OF COMMUNITY AWARENESS 2006
sdunn@susandunn.cc 496-0678
David Flack, BOARD DIRECTOR OF COMMUNICATIONS 2005/Past President
DFLACK@satx.rr.com 872-5490
Jayne Garrett, Past Board Director jayne@jaynegarrett.com 490-6106
Wendy Geisler nutritionmaven@aol.com 823-4363
Michelle Glenn taproutes@aol.com 479-9492
Barbara Greene, Past Board Director
barbara.greene@greeneandassociates.net 366-8768
Lynise Harris Lkkhomo@aol.com 393-4145
Gene Hildabrand gene@networkerservices.com 384-7726
Michele Henkle-Irelan TREASURER 2006 Michele@SuccessWorks.com 497-7589
Vikki Like vikki@esourcecoach.com 342-2563
John Lovitt, Past President john@lovitt.org 364-8025
Susan Loveland, PROGRAMS CHAIR aloveland@satx.rr.com 696-0258
Chris Lucerne Past President chris.lucerne@prodigy.net 408-7699
Irene Maxfield imaxboston@yahoo.com 590-1686
Mike Mayberry, Past Board Director mmayberry@theleadershipcoach.net 366-8066
Sharon Powell BOARD DIRECTOR OF MEMBERSHIP 2005
COACHSKPowell@hotmail.com 647-0645
Chuck Saxer, Past Treasurer csaxer@o-l-d.com 408-1032
Poonam Sharma Past Secretary sharmap@flash.net 493-6554
Sue Simpson suesimpson@ev1.net 930-1020
Kimberly Smith-Martinez kimberly-martinez@sbcglobal.net 854-6786
Mary Ann Spears-Howell mash@executivesolutionpartners.com 545-3571
Jack Stephens, Past Board Director jack@invvest.com 590-6878
Bill Thomas (Honorary Member) Past VP of the ICF billthomas@omniglobal.net 830-367-4555
Rick Thomas richard_t_thomas@ml.com 490-5170
Raelyn Van Pelt, BOARD DIRECTOR OF PROGRAMS 2005 vanpelt@sbcglobal.net 683-6360
Blaine Wilson coach@fitcare.net (830) 377-4925