

SAPCA

Introducing Your New Board of Directors and Program Chairs

We are pleased to announce the 2006 Board of Directors. You will find a brief statement from each Director in response to the following questions:

1. What interests you about serving on the Board of Directors of SAPCA?
2. In your particular board position what do you look forward to achieving in 2006.
3. What would you like to see happen with SAPCA in 2006 and how do you see yourself supporting that?

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



Michael Baker
President

Serving on the Board of Directors of any non-profit organization is an honor. When that Board is in your profession of choice, it's a blessing, too. There is no better opportunity to learn, than to immerse yourself into serving those that you can learn from. In my position as President this year, I would like to see an increase in membership with a goal of forty people showing up at each monthly meeting next year. I feel that would create a robust environment for all of us to socialize and to learn from one another.

I would like to see each of us, individually, and as a group, "raise the bar" in all that we do. Each of us can individually start by taking steps to become professionally certified through the International Coach Federation. As a member of SAPCA, you can help us "Top" grade everything we do. I hope that after this year is over, we are all further down the road toward having even more successful Coaching practices and a more enjoyable life! I'm willing to do what I can to help other members become fully engaged in Coaching. Let's have a great year.

Introducing Your New Board of Directors (Continued)



Michele Henkle-Irelan, PCC
President Elect

I have been on the SAPCA Board of Directors since its inception. Coaching has been very good to me personally and I feel strongly about giving back to the local coaching community and about supporting those new to the profession, as well as senior coaches, in learning all they can about coaching and being strong representatives of the profession. Being a member who contributes to shaping the chapter's future can help do that.

I would like to see the number of members grow and include many of the other professional coaches in the local area who are currently not aware of us. I would like to see us recognized as professionals and have the contributions we are making as a profession recognized by both the business community and community in general.

I am looking forward to a successful Coaching Week 2006 Workshop. As chair of that committee, combined with contributing to the monthly meetings and board meetings, I will help these goals come into fruition.



Janet Bonnin
Secretary/Treasurer

I want to help SAPCA evolve to better support its members' growth as coaches and positively influence all who we are privileged to coach. As Board of Director Secretary I want to capture the great ideas that come from the board meetings and gather records of all the great presentations from our monthly meetings. I would like to see 2006 be the year that SAPCA "puts us on the map" as coaches in San Antonio and the surrounding communities!



David Flack
Director of Communications

As past president (2000-2002) and board director since then (currently serving as Communications Chair 2006-2007), I enjoy creating opportunities for coaches to serve their vocation and for non-coaches to become aware of SAPCA as the principal resource of professional coaching in South Texas.

With the integration last year of photos with names on our web site, as well as a fresh new look to it, I see us driving more people & prospective clients to our site as a quick way to learn about professional coaching and professional coaches. The upcoming Coaching Week in February is a great opportunity to get our business community using a "coach approach."

I would like to see a lot more new people in leadership positions building our coaching community. This would allow our faithful core of dedicated coaches to assume more of a mentor role. It's serving in a different capacity, and I'm glad to offer my experience & counsel.

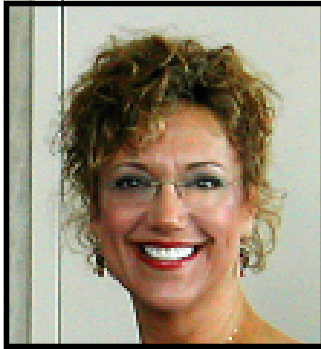
Introducing Your New Board of Directors (Continued)



Gene Hildabrand
Director of Membership

Over the past three years I have been blessed with a variety of members of SAPCA giving their time to me in support of my business and my personal growth. In return, I now wish to contribute my time and expertise to the organization so that it will continue to grow and flourish.

In 2006 I would like to see the membership of SAPCA expand. I am looking to increase the membership in two ways. First, is to attract other local coaches or those interested in becoming a coach into the association. Second, is to become more inclusive in our membership by opening the doors to people who understand that by using coaching skills in their professional life, they would greatly enhance their careers and their businesses.



Wendy Geisler
Director of Programs

I've reaped the benefits of my chapter for several years and I knew it was time to "step up" and give back a greater contribution. I know that I will continue to grow and learn from this experience as well.

As Program Director I will have an opportunity to play an integral role in the growth potential of our membership. I refer less to the growth of membership size and more to the personal and professional growth of members which is one of the primary roles of our organization.

I would like SAPCA to continue to expand its branding capacity in the community. This would serve as a huge benefit to all the members as well as contributing to coaching awareness. I also would like to see our chapter benefit more from each others talents and will be working closely with my co-chair, Diane Cunningham, to explore and execute creative ways to do this.



Sue D'Ambrosio
Director of Resources

Serving on the SAPCA board as the Director of Resources offers many opportunities to broaden my horizons as a coach. As a coach and as an educator, I enjoy managing the tapes and books that we have available for our members. In 2006, I would like to update the recommended reading list since there are many new titles, including those of our own authors.

Our well-read coaches constantly reach out for new ideas in so many fields. Clients often wonder, "What do coaches read?" Here's the resource to share with them.

I want to work for an increase in membership in 2006. Long range, I would like to see a coach-training program eventually come out of the Association.

Introducing Your New Board of Directors (Continued)



Mike Bellomy, ACC
Immediate Past President

I am excited about the direction professional coaching is taking! Our local association members are having a tremendous impact on community awareness and the acceptance of coaching. I look forward to us "reaching out" farther into our community. Our board should cast a larger vision for our members to truly understand and appreciate how much their thriving coaching businesses improves the lives and well beings of countless people and businesses.

SAPCA has the opportunity to be "THE" South Texas place to call for information on coaching. I want to participate in the development of a more comprehensive "Find a coach" website or referral service that connects inquiries with competent coaches, thereby promoting the coaching profession and our dynamic membership. I look forward to supporting the 2006 officers to helping ensure their success.



Chris Lucerne, PCC
Board Advisor

Serving as a Board Advisor allows me to use my knowledge and expertise to support the leadership of SAPCA in creating greater alignment with our Vision, Mission, and Core Values. In addition to serving as an advisor, I also look forward to re-establishing our relationship with Borders Book Store and once again position us to begin holding periodic coaching events at their stores. This endeavor will give more exposure to SAPCA and provide a complimentary service for the community which will increase awareness of SAPCA and coaching.



Diane Cunningham
Programs Chair

I am excited about getting to know more members, being a more active part of the organization, and learning more about the coaching profession. Wendy Geisler and I are both excited about trying new things with Programs and attracting new guests and members through the course of 2006. I'd like to see SAPCA double in size to continue gaining recognition in the community.

Nora Fellows

Finance Chair (Photo not available)

I hadn't considered serving as Finance Chair until asked by Diane. This past year (my first year) the meetings have been so interesting and informative, that I just wanted to give back to the organization.

Mostly, I hope to do as good a job as Michele did. She developed a very organized and comprehensive system. It is just wonderful and I don't see anywhere to improve! As a fairly new member to SAPCA and coaching, I don't feel I have enough experience (yet) to have a clear picture of what the association should aspire to achieve in 2006. I'm still in learning mode. So far what the group has been doing has worked very well for me, as a newbie. I've enjoy the format of the meetings, both the guest speakers and Spotlight Coaches, and find the information and networking opportunities very helpful.

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.

International Personal & Professional Coaching Week is Right Around the Corner

Coaching Week is About YOU!

Thanks so much to the Coaching Week Committee being lead by Michele Henkle-Irelan for the phenomenal job they are doing to bring you a top notch event. This workshop will give you an opportunity to add tools to your coaching toolkit and give you exposure in the community.

As you have read so far in this newsletter, most of the comments made by the Board of Directors are about wanting to facilitate the growth of SAPCA. We imagine that you want that too!

This is your opportunity to support yourself, SAPCA, and the Coaching Week Committee by taking time to personally invite your circle of influence to this event. Send them the flyer with a personal note, and follow up with a phone call encouraging them to participate.

If you have not registered, please do so today! See the last two pages of the newsletter for more details on *The Coaching Conversation*, our coaching week event.

Door Prize Donations Coaching Week Event

As part of *The Coaching Conversation* workshop being presented for *Coaching Week 2006*, SAPCA will be providing participants a chance to win a limited number of door prizes related to coaching and leadership development. Each participant will receive one ticket, and they may purchase more. We are looking for 7-10 prizes of high value to create additional value for the registration fee such as:

- ◆ Lunch and Learn with refreshments and content provided.
- ◆ Books and developmental CD/DVD on coaching skills (leadership, coaching, communications, emotional intelligence, goal setting, work/life balance, etc.). We may package several in one basket for high value.
- ◆ Gift certificates to Borders Book Store, Barnes and Nobel, or other book stores, etc.

We will not be including personal items or introductory coaching sessions, since most of us offer these to first time clients. Please drop me an e-mail at coachedb@gvtc.com, or call me at 210 488-8137 with your item(s) for the drawing.

Ed Bierschenk

Next Month at SAPCA

Unconscious Commitments *The saboteurs of the best laid plans*



Chris Lucerne, PCC

Supporting clients in creating the life they most desire is the sacred charge of professional coaches. That journey is often riddled with many challenges; not the least of which is the client themselves - their beliefs, behaviors, thoughts and emotions.

While crafting a compelling vision creates incentive for forward movement, it often is not enough. The client must face into what it is about them that avoids action or sabotages progress: their unconscious commitments. What are they? Simply put, you can know your unconscious commitments (what you are really committed to) by the results you produce.

For instance, a person who smokes cigarettes might make a new commitment to breathe only fresh air, yet they persist in smoking. The results equal the unconscious commitment. So this person is actually committed to smoking. Unless the unconscious commitment is dealt with, it will have power over the best intentions, visions, and new commitments.

Unconscious commitments can be found in all aspects of our lives. During this presentation you will:

- ◆ Find out about unconscious commitments and how they work.
- ◆ Discover the power of facing into what is so in order to get what you want.
- ◆ Understand how the neural pathways of your brain support both the unconscious commitment and the manifestation of your new commitment.
- ◆ Learn how to loosen the grip of the unconscious commitment through voice, breath, and movement so that a new commitment may be formed.
- ◆ Embrace the importance of self love and the skill of recommitting in order to manifest what is important to you.
- ◆ Identify some of your own unconscious commitments.

Chris Lucerne is certified through the International Coach Federation as a Professional Certified Coach (PCC), through Coach Inc. as a Certified Coach University Graduate (CCUG), through The Hendricks Institute as a Certified Conscious Relationship and Body-Mind Vibrance Coach, and through Target Training International as a Certified Behavioral Analyst. She is currently a Board Advisor and Past-President of the San Antonio Professional Coaches Association. Chris coaches clients to, 1) Build relationships that Matter, and 2) Go Beyond Loss and Embrace Life. As a life long learner, most recently Chris is involved in a two year Apprentice Program with The Hendricks Institute, the quintessential emotional intelligence program focused on conscious living, conscious loving, and manifesting abundance. www.chrislucerne.com

**Next Meeting: Second Thursday, February 9th 7:15-8:45am.
Please RSVP to Gene Hildabrand, Director of Membership
at gene@themasternetwork.com no later than Saturday February 4, 2005.**

What's Up With Our Own Coaches?

Blaine Wilson

Employee Assistance Coaching

Blaine Wilson Advisor and Faculty Member at Wellcoaches has accepted the role of Business Manager for the Wellcoaches Employee Assistance Coaching (EAC) program. EAC significantly enhances the traditional Employee Assistance model by taking it into the coaching world. In addition to work-life issues and behavioral health, the patient pending EAC program will include diverse areas of well being including weight management, smoking cessation, healthy eating, and increasing energy and productivity. Wellcoaches is currently forming partnerships to integrate EAC for employers and other health and wellness programs, and has recently formed collaboration with Acordia Complete Health to integrate EAC into a comprehensive health management offering. For information contact Blaine at bwilson@wellcoaches.com or visit www.eac-wellcoaches.com.

David Flack

As City Leader for the membership-based Mastery in Business Community (MiBC), David offers bonus professional development weekly in Thursday Boardrooms from 9:30am-10:30am at Jefferson Bank STONE OAK (no charge for first visit). 1st and 3rd Wednesday mornings are also MiBC professional development opportunities. See www.SATXmibc.com for more details (many SAPCA members are also members of MiBC).

Diane Cunningham

Diane Cunningham was the speaker for the January 10th meeting of the Christian Business Chamber of Commerce. Her speech, *Creating a Life Filled with Purpose* focused on ideas about coaching as a way of life and using the book *Jesus, Life Coach* by Laurie Beth Jones.

www.christianbusinesschamber.com.

Tape Library

The tape library is in its third year. Let's clear the books and be sure all the 2003 and 2004 tapes are returned so you can enjoy the most up-to-date offerings from the San Jose ICF Conference.

Thanks.

Sue D'Ambrosio
Resource Director

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Membership List (more details and photos at <http://sapca.org/members2.htm>)

LEADERSHIP

President: Michael Baker Michael@MoveToAction.com 830-537-3576
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Secretary/Treasurer: Janet Bonnin jbonnin@boernenet.com 830-249-9785
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Director of Membership: Gene Hildabrand gene@themasternetwork.com 481-2555
Director of Programs: Wendy Geisler nutritionmaven@aol.com 823-4363
Director of Resources: Sue D'Ambrosio sdambrosio@satx.rr.com 650-5470
Immediate Past President: Mike Bellomy mbellomy@BellomyGroup.com 830-230-5395
Board Advisor: Chris Lucerne chris@chrislucerne.com 408-7699

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ADDITIONAL SAPCA MEMBERS

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Celebrating 2006 International Personal & Business Coaching Week



San Antonio Professional Coaches Association

For Executives, Professionals, Trainers, Business Owners, Salespersons, Managers, & Coaches

INVITES YOU TO

Learn a Practical Five-Step Coaching Model
Engage Employees in Their Own Success with
The Coaching Conversation

Using the "coach" approach instead of the "boss" approach, you will:

- ◆ Remove barriers to high performance and accelerate results
- ◆ Promote focus, clarity, and the discovery of solutions
- ◆ Create employee buy-in that results in improved accountability
- ◆ Increase retention by bringing out the creative contributions of your employees
- ◆ Minimize employee relations issues resulting in reduced stress



Thursday, February 9, 2006 9:30am-12:00pm

Independence Hill Retirement Resort Community in Stone Oak (20500 Huebner Road)

Barbara A.F. Greene, M.S., MCC is the Founder and CEO of Greene and Associates, Inc. The firm specializes in Executive Coaching, Corporate Mentoring and Career Transitioning. Barbara partners with a variety of organizations that are focused on accelerating productivity through their leaders.



**Imagine 2.5 hours with
Two Master Certified Coaches**

Judi Craig, Ph.D., MCC coaches executives and business owners (COACH SQUARED, INC.) on leadership, "people skills", sales, powerful communication and career development--and professionals (THE PRACTICE ADVISOR, LLC) on productivity, client development, staffing issues, profitability. and having a fulfilling lifestyle.

Special Early Bird Rate
Until January 12th Only \$75.00
\$95.00 (from Jan. 13th — Feb 9th)
Ask about Sponsor Table Benefits!

REGISTER TODAY!

*We accept **Visa, MasterCard, and American Express***

FAX OR MAIL YOUR REGISTRATION FORM

FAX: 210-492-2166

Mail (along with your check payable to "SAPCA") to
P.O. Box 780114, San Antonio, TX 78278-0114

For more information call David Flack at 210-872-5490

For more information about the San Antonio Professional Coaches Association (SAPCA) visit www.sapca.org

REGISTRATION FORM

The Coaching Conversation

Presented by the San Antonio Professional Coaches Association (SAPCA)
Thursday, February 9, 2006 9:30am-12:00pm

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Telephone: _____

Email: (So we can send you information and reminders before the workshop)

Payment Amount: _____ \$75.00 through Thursday, January 12, 2006
_____ \$95.00 January 13—February 9, 2006

Note: Sponsor a Table (Call David Flack for details—210-872-5490)

Payment Method:

_____ Check (make payable to SAPCA)

_____ Visa _____ MasterCard _____ American Express

Card Number: _____ Expiration Date: _____

Name on Card: _____

Three/Four Digit CVV Number _____

(VISA & MasterCard: Last three digits on the back of card AMEX: Four digits on the front of card)

Name **exactly** as it is on card: _____

Email: (We must have this to process your card and send you a receipt for your payment)

Billing address for Card (if different than above)

Address: _____

City: _____ State: _____ Zip: _____

Cardholder's Signature: _____

Fax to 210-492-2166 or mail to SAPCA, P.O. Box 780114, San Antonio, TX 78278-0114
For more information, call David Flack at 210-872-5490