



San Antonio
Professional Coaches Association

SAPCA

Next Month at SAPCA

Bring More Fun and Focus
into Your Coaching
and Your Life



Janet Bonin
Professional Coach

Janet will share her philosophy of coaching clients around a few key concepts during each session. *You will learn how to:*

- ◆ **Co-Create** catchy words or phrases that add emotion to your "assignments" and inspire follow-through
- ◆ **Determine** attitudes to choose and actions to take between coaching sessions
- ◆ **Increase** the impact of each client/coach interaction
- ◆ **Rediscover** the value of sharing our life lessons with clients
- ◆ **Share** with other coaches what's working for all of us aligned with these concepts

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

About Janet

Janet Bonnin founded *Simple Journeys* in 2000 to share her passion for helping busy people better manage all they choose to do in life. As a trained Life Coach (Coaches Training Institute), Industrial Engineer (B.S.I.E., Louisiana State University), Professional Organizer, and Workshop & Retreat Leader, Janet moves people to take action and adopt new attitudes. She recently appeared on the **Great Day SA Sunday** TV show speaking about professional coaching, and was honored to present a keynote address at the San Antonio Methodist Healthcare Systems 2006 Sail Away Retreat.

Janet is the proud mother of three boys, having been married for 22 years "*to my wonderful husband, John.*" She brings a wealth of knowledge and first-hand experience to parents wanting to raise strong and self-sufficient children, and those wishing to build stronger, supportive relationships with their loved ones.

Next Meeting:
Second Thursday
April 12—7:15-8:45am
Please RSVP to Nora Fellows
fellows@gvtc.com
no later than Friday, April 6th

Retiring and Resigning



Michele Henkle-Irelan, PCC
Outgoing President of SAPCA

Dear San Antonio Professional Coaches Association Members,

As coaches, no matter what our unique niche or specialty, we all work with our clients to support them in creating more life balance, to honor their values, to practice extreme self care and to set boundaries that truly work for them. Therefore I know you will truly understand this letter.

The person I am today is not the same person I was in the fall of 2005 when I accepted the role of SAPCA President-Elect for 2006 and President for 2007. In the past year and a half my life has changed considerably... physically, mentally, emotionally and spiritually. A number of events that have occurred over the last few months have provided me with the opportunity to re-evaluate many areas of my life.

After much contemplation and conversations with myself, my husband, my family, my doctors and my coach I have decided that now is the time to complete the chapter of my life that is coaching. This means that effectively, I am tendering my resignation as the President of San Antonio Professional Coaches Association. I will be renewing my membership in the chapter; though don't expect to attend all the meetings. It also means that I will not be taking on any new coaching clients. I will stay with my few current long-term clients until it is appropriate to complete our relationship.

Please know that because of my belief in following through on my commitments, that this was a challenging decision to make and this is a difficult letter to write. But I know that as coaches, you will understand my choice and honor my decision.

I am leaving you in wonderful hands. Angela Woodrow, current President-Elect, has over the last year, demonstrated her leadership skills, especially in her handling of Coaching Week 2007. She is ready to take the lead role in SAPCA and has some wonderful ideas to share with you. I know you will give her you full-hearted support.

I will continue, on a personal level, to promote coaching at every given opportunity and continue to support San Antonio Professional Coaches Association and its membership in the work that they are doing in our community.

Please know I love you all and wish you and the chapter every success.

Love,

Michele Henkle Irelan, PCC

Message From Our New President



Angie Woodrow
SAPCA Incoming President

Dear Fellow SAPCA Members,

Recently, I described my brand of coaching to a prospective client as: *support while you discover the courage to grow with the challenge of change*. We were having a conversation around her perspective of how fast life was changing—and in ways she did not like or choose.

The news of Michele Henkle-Irelan having to step aside just as she was starting to step up as president, is a big change for all of us. I know it was a bitter-sweet decision, and I am touched and honored to be able to support her by stepping up in role as president of your organization.

I look forward to serving you with as much energy and thoughtfulness as Michele shared with all of you over her *many* years as an active member and contributor to this organization. She has given much and she leaves us with much to be responsible for in the continuum.

Michele met with many of you one-on-one and gathered a great vision of what you would like your SAPCA organization to be. I intend to hold your thoughts and vision that you shared with her as the marker for the growth and direction of the organization. Please feel free to contact me to help me stay clear and focused on what is best for your organization.

To Michele: I wish you the best of health and happiness in the future, while continuing to balance all of your abundance.

And to all SAPCA members present and future: I look forward to being with you in Service, Authenticity, Passion, Connectedness and Abundance.

Sincerely,

Angela Woodrow



Celebrating Michele

You are invited to the first SAPCA Coaches Mixer... and this one is dedicated to celebrating the life, the contributions, and the retirement of Michele Henkle-Irelan.

The Details:

- ◆ Friday, May 11th 7:00-9:30pm
- ◆ Heavy hors d' oeuvres and beverages
- ◆ Great conversation and celebration
- ◆ The home of Chris Lucerne and Annette Zaharoff: 17103 Fawn Cloud Lane
- ◆ Significant others are welcome

Please reserve this date
More details to follow

SAPCA Local Activity Fees Due

Reminder to SAPCA Members

April is Local Activity Fee (LAF) renewal month for all SAPCA members. This is a change from previous years when your renewal fee was due the month that you originally joined. Many of you noticed that your last LAF renewal fee was an "odd" amount. We prorated everyone's LAF last year in preparation for changing to this new system in April 2007. For new members who joined recently, your LAF renewal will be prorated for this year. Later this month everyone will receive an email detailing your LAF renewal amount. You may mail your check to the SAPCA post office or simply bring it to the April meeting.

Thank you,

Nora Fellows, Finance Chair

What's Up with Our Coaches?

David Flack

David Flack will have his Certified Recruitment Specialist designation by early April. Then he will begin offering pre-hire employment centers **online** and special team development assessment programs for businesses interested in EEOC compliance & validation, job performance, and federal job tax credits. The Accelerator Coach's menu of services will continue to offer professional coaching, consultation and facilitation for executives and small business owners wanting to become and remain extraordinary. This exciting new program will appear at www.TheAcceleratorCoach.com soon.

Your Business Plan

What Should Be in Your Business Plan?

*By Karyn Greenstreet,
Small Business Coach and Consultant*

Many people quake in fear at the idea of writing a business plan. They imagine in their mind a 100-page document full of charts and financial figures. While it's possible to create a business plan of that magnitude when trying to get capital for your business, a typical business plan for self-employed people should be less than 10 pages.

The purpose of a business plan, for a self-employed person who is financing his own business, is to have a central repository for all strategic thinking about the business for the coming year or two.

Here's what should be included:

- ◆ Your business idea in three sentences.
- ◆ Your target audience.
- ◆ The challenges that your target audience faces.
- ◆ The benefits of using your products and services to meet those challenges.
- ◆ Your company brand and image.
- ◆ Your projected revenue and expenses for a year.
- ◆ If you project more expenses than revenue for the first year, a statement about where the money will come from to pay for those expenses.
- ◆ A list of your major competitors, and how you are different from them.
- ◆ At least six marketing techniques you're planning to use over the coming year, when you plan to implement them, and what results do you expect from them.
- ◆ A list of people who you will need to hire to implement your business plan or marketing plan (unless you have the business skills and time, yourself, to do all the work).

You should review your business plan, and update it, annually. Review the marketing section of your business plan quarterly so that you can gauge the success of your marketing campaigns.

Karyn Greenstreet is a Self Employment expert and small business coach. She shares tips, techniques and strategies with self-employed people to boost clarity and focus, create sustainable motivation, and increase sales and profits. Visit her website at www.PassionForBusiness.com

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.

News from the ICF

New ICF Benefit: Professional Indemnity Insurance

In response to member requests, ICF has been researching solutions to meet the need for professional indemnity insurance. As a result, ICF is pleased to announce that Westminster Indemnity Ltd has been approved as an official ICF Resource Partner. Very high quality professional indemnity and public liability insurance is now available to ICF members in the United States - at a very competitive premium.

Please visit <http://insurance-coachfederation.com> and click on the US flag to see details and get a quote. ICF is very happy to be able to provide this new member benefit. We hope it is very useful to you and your practice.

2006 Review on Credentialed Coaches

From 2005 to 2006, the ICF saw a 46 percent increase in the number of coaches earning their ICF credential. During 2006, 814 coaches from over 30 countries were awarded their ICF credential. A total of 2,800 people have been credentialed by ICF since the start of the program in 1999. Congratulations to everyone who earned their ICF credential.

Annual Billing Reminder

Over the last year, the ICF has been transitioning to an annual dues billing process. The transition will be complete by April 1, 2007. It has been ICF's policy to renew membership dues on members' anniversary dates. However, renewing memberships on individual anniversary dates makes it difficult for members to remember when their renewal date occurs and it also increases the ICF's administrative costs of managing membership renewal.

Since last April, members have been paying a prorated amount from their anniversary date through March 31, 2007. During this implementation period, all members were gradually transitioned to the new system so that all memberships will eventually expire on March 31 of each year. For example, if you renewed your membership in June 2006, you were charged \$146.25 USD (\$16.25 USD per month) for nine months of membership and your membership was set to expire on March 31, 2007. Thus, most ICF members will need to renew on April 1.

To renew your ICF membership, go to Coachfederation.org. We value you as a member of ICF and look forward to serving you in the future.

ICF Online Community

Have you heard the news? ICF is getting ready to launch an online community that will allow you to connect with fellow coaches from around the world! You can quickly have access to information from all the areas that interest you, you can upload and download shared documents, you can see the ICF calendar, learn the latest news and share ideas with coaches from 80 countries! At this moment, a testing group comprised of ICF members is busy reviewing the platform. When the final alterations are complete, a notice will be sent to members along with guidelines and instructions on how to maximize the community's various utilities. Please watch for future announcements as the work on the ICF Online Community nears completion.

San Antonio Professional Coaches Association (SAPCA) Roster

Lockhill Station Post Office Box 780114 - San Antonio, TX 78278-0114 ♦ www.sapca.org
Membership List (more details and photos at <http://sapca.org/members2.htm>)

LEADERSHIP

President: Angela "Angie" Woodrow angie@thecoachingcontinuum.com 492-6461
Secretary/Treasurer: Janet Bonnin janet@simplejourneys.com 830-249-9785
Director of Communications: David Flack Coach@TheAcceleratorCoach.com 872-5490
Director of Membership: Kimberly Smith-Martinez, Ph.D. kim@envisionyourdreams.com 832-9076
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: Michael Baker Michael@MoveToAction.com 830-537-3576
Board Advisor: Chris Lucerne, MCC chris@chrislucerne.com 408-7699

Credentialed Coaches Members (Certified through ICF)

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Mike Mayberry, ACC mmayberry@theleadershipcoach.net 479-9891
Bill Thomas, MCC Past VP of the ICF billthomas@omniglobal.net 830-367-4555

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Angela "Angie" Woodrow PRESIDENT-ELECT angie@thecoachingcontinuum.com 492-6461

Associate Members (Non-ICF Members)

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Richard Zielinski solutions@apsrecruiting.com 690-3888

Honorary Members

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Dee Dee Aspell deedee@aspell.com 930-4664

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SAPCA

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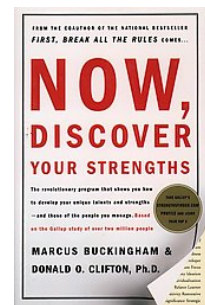
Now, Discover Your Strengths

Discover, Develop, and Use Your Unique Talents and Strengths

Thursday, May 17, 2007 7:00pm-9:00pm

Imagine getting up each morning knowing that you are really good at the work you do and that you truly enjoy doing it. Also, you are recognized by others for being exceptional and work never seems like a struggle. This is possible! Yet, most of us approach life trying to repair the flaws and weaknesses defined for us by parents, teachers, managers and life experience... while the truth of who we really are and the strengths we uniquely possess lie dormant and untouched. Join us and learn how to identify your talents and create strategy to build them into strengths. By taking this journey you will enjoy:

- Improved Relationships
- Goal accomplishment
- Being in charge of your career... loving what you do and doing what you love
- Less stress in work and in life
- Powerful performance in every aspect of life



This FREE two hour fast moving presentation features the book ***Now, Discover Your Strengths*** by Marcus Buckingham and Donald O. Clifton, Ph.D.

About the Presenter



Mike Bellomy is a Senior Associate with TRANSITION CONSULTING -- a firm that helps its clients move people into, out of and up through their organizations. As a distinctive player in a world of look-alikes, TRANSITION CONSULTING has earned a national reputation. Mike has over 27 years of executive experience with a Fortune 500 corporation. His expertise includes: operations management, strategic planning, change management, leadership development, recruiting and outplacement. Today, Mike is an executive coach and consultant to business leaders and entrepreneurs. He partners with companies and individuals that desire to experience the powerful perspective of working and living from their strengths and the things they are passionate about.

Borders will present all guests with a 20% off coupon good for all purchases made on the evening of the presentation.

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