

Join us February 3-9 for International Coaching Week 2003

CPR for Your Business and Your Life
Coaching for Powerful Results

In celebration of the Fifth Annual Personal and Business Coaching Week, February 3-9, the San Antonio Professional Coaches Association (SAPCA) offers

NINE FREE EVENTS!

Maximize your personal growth and effectiveness, by participating in these powerful, life-changing presentations.

This year's presentations offer **CPR for Your Business and Your Life - Coaching for Powerful Results**. Each presentation focuses on ways to bring positive change to the way you lead your life and the way you lead in your work. Attendees will be offered a complimentary one-on-one coaching session from a member of SAPCA to use when you wish. SAPCA is a chartered chapter of the International Coach Federation (ICF).

The Portable Coach –Stop Chasing Success, Let it Find You
with Coach Rose Duncan

Monday, February 3rd at the Huebner Oaks Borders, 7-8:30pm

The Art of Possibility—Reinvent Your Life and Work
Seeing It in a Whole New Way with Coach David Flack

Monday February 3rd at the Quarry Borders 7-8:30pm
Encore on Thursday, February 6th at Huebner Oaks Borders 7-8:30pm

Living Your Best Life, You Can Choose It! with Coach Cyndi Smasal

Tuesday, February 4th at Huebner Oaks Borders 7-8:30pm
Encore on Wednesday, February 5th at the Quarry Borders 7-8:30pm

Fierce Conversations, Achieving Success at Work and in Life,
One Conversation at a Time with Coach Chris Lucerne

Wednesday, February 5th at Huebner Oaks Borders 7-8:30
Encore on Friday February 7th at the Quarry Borders 7-8:30

Coaching for Leadership: How the World's Greatest
Coaches Help Leaders Learn with Coach Barbara Greene

Thursday February 6th at the Quarry Borders 7-8:30pm
Encore on Friday February 7th at Huebner Oaks Borders 7-8:30pm

The Portable Coach –Stop Chasing Success, Let it Find You

with Coach Rose Duncan

Monday, February 3rd at the Huebner Oaks Borders, 7-8:30pm

- ❑ Are you tired of clawing your way to the top?
- ❑ Are you fed up with needing 36 hours in a day just to get everything done?
- ❑ Are you taking care of everyone but yourself?

You can become a magnet of abundance, effortlessly attracting what you want in life instead of struggling and striving so hard to succeed. Using the 28 Principles of Attraction presented in the book *The Portable Coach*, by Thomas Leonard, you can reorient your approach to life and business by attracting success, happiness and abundance as surely as a magnet attracts steel. Rose Duncan is a Professional Life Coach who works with people ready to exchange “burnout surviving” for “passionate thriving.”

The Art of Possibility—Reinvent Your Life and Work

by Seeing It in a Whole New Way with Coach David Flack

Monday February 3rd at the Quarry Borders 7-8:30pm

Encore on **Thursday, February 6th** at Huebner Oaks Borders 7-8:30pm

Would you like to be a passionate communicator who radiates the attitude of “anything is possible?” Business Coach, David Flack shares the ideas behind the book *The Art of Possibility* by Rosamund and Benjamin Zander. Join David and discover how you can alter your life from struggle to alignment. You will walk away with tools that will guide you in your own personal development and leadership. The deceptively simple practices are based on two ideas: that life is composed as a story (it’s all invented”) and that, with new definitions, much more is possible than we may think.

David Flack, *The Accelerator Coach*, offers professional results coaching and consultation to healthy individuals and growing organizations wanting to accelerate their success.

Living Your Best Life, You Can Choose It! with Coach Cyndi Smasal

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Encore on **Wednesday, February 5th** at the Quarry Borders 7-8:30pm

Learn how to access your internal compass that leads to living your best life. This captivating presentation is based on internationally renowned speaker and coach, Laura Berman Fortang’s book *Living Your Best Life*. The book offers ten strategies to help you gain access to your own inner knowledge.

Three Common Stages of personal coaching will be experienced in this presentation:

- ❑ Identifying what you want
- ❑ Doing and taking action
- ❑ Being your true self

Tap into the high-energy, high-content, dramatic results of professional “Jump-Start” Coach and motivational speaker Cyndi Smasal.

**Fierce Conversations, Achieving Success at Work and in Life,
One Conversation at a Time** with Coach Chris Lucerne
Wednesday, February 5th at Huebner Oaks Borders 7-8:30
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Consider these questions:

- ◆ Do you consider yourself a success?
- ◆ Is there something standing in your way of being extremely successful?
- ◆ Could part of the underlying challenge be your ability to have conversations that yield excellent results?

Success in work and relationships increasingly hinges on engaging colleagues, customers, friends, and family in a way that gets to the point, tackles tough challenges, and deepens connections. This lively interactive workshop is based on the book *Fierce Conversations* by Susan Scott. You will learn how to go through your first fierce conversation - with yourself – and on to the most challenging and important conversations facing you. Learn how to:

- ◆ Overcome barriers to meaningful conversation
- ◆ Confront challenges with courage, compassion, and skill
- ◆ Handle strong emotions, your own as well as others
- ◆ Build extraordinary relationships

Chris Lucerne is a Professional Certified Coach who works with leaders, teams, and individuals. Chris is President-Elect of the San Antonio Professional Coaches Association.

**Coaching for Leadership: How the World's Greatest
Coaches Help Leaders Learn** with Coach Barbara Greene
Thursday February 6th at the Quarry Borders 7-8:30pm
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Fortune Magazine calls it “the hottest thing in management.” Come learn how effective executive coaching can transform your business or your business skills. Executive coaching is dramatically increasing in popularity. Leaders around the world are using coaches and becoming coaches. But, the understanding of what executive coaching is and how it can increase leaders’ effectiveness is still not clear to many. Join Executive Coach Barbara Greene for this program which introduces ideas shared in the book, *Coaching for Leadership: How the World's Greatest Coaches Help Leaders Learn*.

The following three areas will be highlighted:

- How coaching works
- Why it works
- How leaders can make the best use of coaching

Barbara A. F. Greene is Founder and CEO of Greene and Associates, An Executive Coaching Firm. She is a Master Certified Coach and has a Master’s Degree in Counseling.