

ICF Gauteng Chapter  
29 July 2010 Tracey Proudfoot & Pat Dickson  
Midyear Pitstop!

The evening was pleasantly warm, after such a brutal winter spell. Eighteen curious coaches ventured out to join us for what turned into a hugely successful evening! With Tracey in the club car park on a conference call.....the reins were passed to Pat.

"Welcome to our mid year pit stop! We are here to bring and share our goals and connect with like minded people. Having established on a hand count that only a few of our group was currently been coached, the atmosphere changed to one of eager anticipation as we moved into pair coaching. With the outcome to sharpen our coaching skills, enjoy some Peer coaching and generously giving feedback to our coaching session – we began!

With 20 minutes each to "coach in the moment", and 5 minutes for feedback, the pairs got cracking.....there was intensity in the air – energy was evident. The pairs then united into groups of six, to share their insights and to discuss their favourite tools and resources they find most successful in their coaching. Presenting to the full group gave each coach the richness of shared tools and resources; they did not have at the beginning of the evening.

Tools and Resources:

1. Saying it out loud makes it real
2. Regrets and learning exercise
3. Active Listening
4. The Dance of Coaching
5. Creating a transition
6. Picture the goals – make a collage. : Talking to the images creates insights
7. 4 Quadrants:

Doing it/loving it/  
Don't need it

Need it/know how

Don't need it/don't like it  
Don't know how

Need it/don't know  
how

How can you fix it –  
Be uncomfortable –  
Delegate it for 100  
days

8. Clarity of distance

9. Use of meaningful metaphors

10. Resources – for the Client:

- Full Catastrophe Living by John Kabat-Zinn
- 29 Gifts by Cami Walker

11. Book Resources – for the Coach

- Power of Intention by Wayne Dyer
- The Shift by Wayne Dyer
- Anatomy of the Spirit by Carolyn Myss

Tracey did “the wrap” by introducing us all to the Coaching Caravan – a wonderful opportunity to take our coaching skills out to others...beyond the norm. We will also be welcoming Michael Hall the founder of Meta Coaching, to our Chapter for the next meeting on Thursday 26 August 2010.

Most of the group tonight had no idea what to expect....but all agreed their expectations were met!

“A refresher on coaching”

“No expectations –great session”

“Got a feel and insight into coaching – I thoroughly enjoyed it!”

“Impressed by the friendliness”

“You get what you need when you need it – I definitely experienced that tonight”.

Biggest Impact:

“The list of fabulous ideas

“Coaching – the opportunity to coach and receive instant feedback was brilliant”

“The sharing of coaching”

Successful evening: Yes! Will they all come back – I hope so!