

Community Crossroads: The Promise Zone Project

Professional Development for Staff and Volunteers of The Promise Zone

Provided by the International Coach Federation Midwest Regional Conference

The Promise Zone and Indy's near eastside have some ambitious and exciting goals for the next several years. The International Coach Federation will help you meet them with **FREE** professional development and 3 hours of one-on-one coaching. As part of our Conference in Indianapolis on June 23-25, 2016, our community of coaches is offering volunteer (and free!) coaching for all those working or volunteering in a near eastside nonprofit.

What is coaching?

Coaching is a process and partnership, which allows you to accelerate forward and focus just on your goals.

A coach is objective, non-judgmental, an excellent listener, and helps you to uncover the strategies and steps forward, which work best for you. As with therapy, everything that you share is completely confidential. Unlike therapy, however, these sessions are for you to design the future – not focus on the past.

A coach won't tell you what to do or give you all of the answers. As a client, you are responsible for the commitment to achieve the agreed upon action steps and for your own success.

Benefits of Coaching

To help all partnering organizations meet the goals of the Promise Zone, working with a coach will allow you to:

- Gain new insights and expand possibilities
- Become more balanced in your life
- Become focused on what's most important
- Achieve goals you've never thought possible
- Optimize your inner trust, intuition and self-worth
- Achieve more with an accountability partner

"I FEEL THAT COACHING AT THIS TIME IN MY CAREER WAS VERY HELPFUL WITH MY TRANSITION TO MY NEW ROLE. I APPRECIATE THE CLARITY OF MY COACH AS WELL AS THE HONEST FEEDBACK HE GAVE. I FEEL THAT THIS EXPERIENCE HELPED ME TO FINE-TUNE MY VISION AND ASSISTED WITH THE DEVELOPMENT OF THE PATH TO ACHIEVE IT. "

"MY COACH WAS EXCELLENT AT LISTENING AND WAS ALWAYS WELL ENGAGED AND ASKED MANY GOOD QUESTIONS THAT CAUSED ME TO THINK AND PROCESS MY FEELINGS."

"THIS OPPORTUNITY CAME ALONG AT A CRUCIAL TIME WHEN I NEEDED TO MAKE ASSESSMENTS TO IMPROVE NOT ONLY MYSELF, BUT THE WORK ENVIRONMENT. THESE SESSIONS HAVE BEEN INVALUABLE AND IMPROVEMENTS HAVE ALREADY BEEN MADE . . . IN ADDITION, ONE THING THAT HAS ALREADY HAPPENED IS THAT I HAVE BEEN ABLE TO SHARE SOME OF WHAT I HAVE LEARNED WITH OTHERS, WHICH HAS CHANGED THEIR THOUGHT PROCESS AND WORK FLOW."

What participants can expect:

- 3 Coaching sessions with their individual ICF coach (2 sessions via phone and 1 session in person on June 23 between 1-2:30 at the Conference hotel)
- Each coaching session will be for 1 hour
- Coach and participant will determine other mutually agreeable dates and times for phone coaching
- Goals for coaching will be determined by the participant

What is required of participants:

- Commit to 3 Coaching sessions with their individual ICF coach (2 sessions via phone and 1 session in person on June 23 between 1-2:30 at Conf. hotel)
- Find a quiet place, free of distractions, to focus on their phone coaching session
- Attend the project kick-off call the first week of May
- Participate in a workshop hosted in late Summer 2016 for all coaching participants
- Complete evaluation form after coaching is completed

Who are the coaches?

The coaches are trained coaches having at least 60 hours of coach specific training, and members of the International Coach Federation (ICF). They will not necessarily be located in Indianapolis, but will be attending the conference in June.

How will we measure success?

We ask that every coach and coachee complete an evaluation of the program after the completion of their 3 coaching sessions. The anonymous results will be shared with The Promise Zone leadership.

How can I get more information?

Attend a special live call on April 6 to get all your questions answered. Join at noon or 7 p.m. by calling 712-832-8320 (pin # 369-8935).

Contact St. Clair neighbor (and NEAR board member), Stefanie Krievins, for more info:
stefanie@radiancycoaching.com.

Register by April 28

It only takes 3 minutes at coaching.indyeast.org