



The Bulletin of the Association for Coaching Ireland

March 2010
Issue 1

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Welcome

By Trudy Arthurs

You are so very welcome to the very first Bulletin of the Association for Coaching, Ireland. This is very much a 'come and meet us' bulletin. And my fingers are tingling as I write this welcome page. It's so exciting to be here.

AC Ireland has come such a long way since 2007, when Katherine Tulpa, Chair of AC Global, did her first contact presentation at the Belfast BBC studios. Just three short years ago. This is an indication of the collaborative enthusiasm of all our volunteers who have brought us thus far.

We are now a registered company here in Ireland, with a fully operational council – meet the current council members in our next bulletin.

Our membership has gone from strength to strength – we now have more than 250 members across Ireland, including more than 50 organisational/corporate members. Have a look at page 4 for more membership information.

We have regular masterclass and co-coaching events – you'll find details of our next events on pages 5 and 15. Information on accreditation can be found on page 8. We have a special feature on AC Ireland's CSR initiative on page 11.

Our Inaugural Conference in Dublin in late November '09 was the highlight of a wonderful year – read a review of it on page 6. Every coach has their own favourite coaching techniques – see page 12 for our first offering.

Our journey would have been far shorter and much slower if it had not been for the phenomenal contribution of all our voluntary council members, past and present. I would particularly like to thank former Chair Oliver Johnston, whose vision, focus, clever questioning and sense of fun have helped to bring us to today.

The profession of coaching here in Ireland has also travelled a long way. I can still remember the excitement listening to Katherine outlining the future plans for AC. I loved her passion and the ethos she promoted, and wanted to be part of this organisation as soon as, and as much as, possible. At that stage coaching in Ireland was in its very early stages, and I was reassured by AC's profession-

al standards of excellence.

And now I find myself part of a dynamic, enthusiastic and professional team of professionals who volunteer our time to help the Association, the profession, and you, our members and readers.

This is an exciting point in time for AC Ireland. The economic climate may not be as positive as it has been in the past, but in that challenge lie opportunities. Both for us as professional coaches in our own circles, and also for us to have powerful, challenging conversations with our colleagues and clients. We can be part of the change needed in this different world in which we find ourselves. Our choice. Look for the opportunities. Dance with the joy of the challenge.

There's also another first – mine, as Editor of this very first bulletin. It's been a great experience, if a bit of a Mt. Everest in some ways. The whole process has been helped greatly by learning from the AC UK team, support from our UK VA Sandra and Melissa in the US.

This bulletin is for you – we want your input, energy, ideas and contributions. Details of how to contribute are on page 14. Help us to help you. Future themes for this bulletin are also shown there. What would you like us to feature? Tell us what you would like, please.

And send your feedback and thoughts on this particular edition to trudy@associationforcoaching.com.

Trudy Arthurs, an Accredited AC Coach, is Founder and Managing Director of Dancing Leopards Ltd. The Leopards offer bespoke leadership development programmes to middle and senior members of organisations, with a major emphasis on evaluation and ROI. She is a Council Member and Head of Operations (Membership & Admin) with AC Ireland.

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The Year Ahead

By Krishna De

It seems only moments since our first meeting of AC Ireland back in 2007 at which we shared our goal of hosting our first conference some two years later. During our early years we have been honoured with the terrific support from many of the leaders in the coaching community in Europe who have generously gifted their time to support AC Ireland and have hosted our masterclasses. Significant mention has to be made of the contribution of Sir John Whitmore who also joined us at the recent conference.

If you were not able to attend the conference you can download the presentations and podcasts of the main sessions at www.acirelandconference.com (just look in the left hand navigation bar for a link).

I am delighted that we have a newly appointed Council. Over the next few months we will be further developing our strategy in terms of how we envision supporting the coaching profession across Ireland through our events, co-coaching, accreditation and support for members. We will also be supporting the community through our corporate social responsibility plan in the forthcoming years.

Just like many of the teams and organisations you might be working with or have worked with in your professional career, the new Council is also in its early stages of developing as a team and finding our feet in our new roles. The members of the Council are generous in their time and expertise and it's a privilege to be working with such a group of gifted people and to be supported by Niamh Shiells, whom many of you will know as our Vice Chair.

Niamh and I are committed to 2010 being successful in delivering against our goals to support you in your role in the coaching profession in Ireland. You will be hearing from us later in the year about the election process that we will be

implementing in relation to the appointment of the Council in future years.

But sometimes we hear that AC Ireland is one of the best kept secrets in coaching. So how can we change that?

- Well firstly if you or your organization would like to know more about our work and how we serve the coaching profession please contact either myself, Niamh or one of our council.
- Secondly, if you have found benefit from the events, resources or the AC Ireland community at large, please spread the word for us – your recommendation is truly welcomed
- Thirdly, are you interested in helping spread the word about our work? We have a role available for a Council member in the role of Head of Marketing and PR and we need a team to support that person. If you are interested in finding out more about what this entails, do get in touch with me.

I look forward to meeting you at one of our forthcoming events. It is an honour to be engaged in a role where we truly can make a difference to the lives of the people in our community at home and abroad. Isn't coaching wonderful?!

Krishna De is an award winning digital marketing, brand engagement and social media author, speaker, commentator, coach and mentor. She an Ambassador of Female Entrepreneurship, Ireland for the Enterprise Europe Network and is a member of the Social Media Working Group of the Irish Internet Association.

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A warm welcome to all our AC members ...

By Johanna Fullerton

It is so energising to experience the growth of the Association for Coaching in Ireland over the last year. Not only did we reach our 100 members target but are now well on our way to having more than **250 members** across the Island of Ireland!

We are certainly growing and attracting more and more coaches, coaching organisations and corporate members. For me this was best witnessed at our first AC conference when over 30 attendees expressed their interest in joining! A big welcome to all those who have joined thereafter.

Meet the Needs of Members

We also have an impressive list of corporate members, many of whom have hosted AC events – thank you. It is also fantastic to note that a number of our organisational members are currently in the process of applying for Training Programme Recognition – this is an important element of our goal to promote excellence and ethics in coaching.

We are keen to meet the needs of our growing membership and will be contacting you all to gather your views on how you would like the AC to better serve you. Initial dialogue indicates that our members really appreciate:

- The real, on-the-ground activity of the AC in Ireland.
- The high calibre of events.

- The co-coaching forums.
- The route and support for accreditation and supervision
- The network and the advice.
- Access to global resources e.g. books, DVDs.
- The thought-provoking conferences.



Members-Only Events

Next year we aim to strengthen this offering and will be paying particular attention to enhancing our ‘Members-Only’ events and our value-add for our corporate members. As a first step we are offering a series of ‘**Members-only Accreditation Workshops**’ and will be initiating our ‘**Corporate Think Tank**’ series. As with our regular events we will keep you posted on dates and venues.

For support or queries re membership please contact Johanna Fullerton or John Arthurs on: membershipireland@associationforcoaching.com

Johanna Fullerton is a Business Psychologist and Founder of SEVEN Psychology at Work. For the past 20 years she has worked with individuals, teams and organisations to bring about positive change for people at work.

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AC Ireland Events

By Gay White

As we begin a new year and indeed a new decade, it is a good time for coaches and business leaders to reflect on how we can maximise on the phenomenal opportunity that coaching can afford us.

All our events provide a dynamic forum to meet with other coaches and business people, share ideas and create new connections.

At our first event of the year earlier this month, Gbnait O'Grady explored how we can differentiate ourselves and get selected as coaches. She discussed self-care techniques for coaches and how these can be hugely beneficial during these tough times for both coaches and their clients. Paddy Stapleton (ESB, Dublin) and Seamus Carey and Anne McCormick (Beeches Management Centre, Belfast) provided the insiders' view on how these organizations select their coaching panel and what key factors need to be considered when recruiting coaches.

Following on from our thought-provoking inaugural Conference last November, when we looked at **Rewriting the Rules of Leadership and the World of Work**, the consensus was that we, as coaches, have a big responsibility in helping to shape the future.

April 2010 Events

The next 2010 event is **Leadership in Crisis - What's Needed Now?** The presenter, Dr Corina Grace, is an experienced coach and author, who will discuss models of leadership help to shape the future. Date for your diary: April 27 / Dublin; April 28 / Belfast. Details of venue will be sent out in the next couple of weeks along with booking details. This event will be of interest to individual and organisational coaches, business owners and leaders and hr practitioners.

New Initiatives

We are currently putting the finishing touches to

our events schedule for 2010, and it promises to bring a variety of informative, thought provoking and above all, enjoyable events to you, our members and friends.



We are also looking at some exciting initiatives for this new decade. Traditionally we have held events in Dublin and Belfast. In response to members' feedback, we are actively planning to take our seminars to other parts of the country. We are also working on some other 'firsts' for AC Ireland, so do watch this space!

We will also continue to offer members the increasingly popular Co-coaching events facilitated by Dr Jim Loughrey (Dublin) and John McClean (Belfast).

Thank you to ...

We would like to say a special word of thanks to you, our members and friends, who turn up so loyally to our events and help to make it all worthwhile.

We would also like to take this opportunity to offer a heartfelt thanks to all of our sponsors, who give generously so that we can continue to give you, our members, professional events in top class premises. If you would like to consider hosting an event, please let us know by emailing g.white@zeroone.ie.

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AC Ireland's Inaugural Conference: Nov 27, 2009

CONFERENCE REVIEW 2009

By Angie Ruane

Rewriting the Rules of Leadership and the World of Work

This first annual Irish conference of the Association for Coaching certainly set a high standard for any such future events. As a sole trader, networking events are very important both for touching base with colleagues and particularly for professional updating. The calibre of the leading edge speakers in Dublin was superb and I came away feeling very stimulated. The morning sessions revolving around Sir John Whitmore and Richard Douthwaite were thought-provoking and very future-focused. In the days and weeks following the conference I found myself frequently coming back to some of the challenging issues they both raised about the changing nature of our working world.

The table exercises were well co-ordinated by the AC and I particularly liked the reflective pieces such as "What is striking you now?" The giant "post-its" created a marvellous collage of creative thoughts on the back wall of the conference room, which later appeared, as if by magic, on the screen, thanks to the Wordle programme.

After our sociable lunch the group was charmed (complete with aphrodisiac chocolates) by the charismatic Mary Ann O' Brien. The sincerity of her story was an interesting departure from the more pedagogical sessions of the morning and reminded me how power-

ful an individual's own account of their life can be. I loved the way Mary Ann said that in changing times she needed to "evolve" herself into a new type of leader.

Nick Williams, whose presentation also made energy levels rise almost tangibly in the room, continued this inspirational theme. It is the first time I had encountered him and he is a great speaker; relaxed and sparky. Again, his session really made me think afterwards and I have used a number of his points in my work.

As I had just been in the throes of the AC accreditation process the conference was a super opportunity to touch base with colleagues who had been helping me with the application. It also gave other insights into accreditation, one of the many informal opportunities there were to pick up on learning. The AC's own representatives were also great front people for the burgeoning Association. Krishna De's summary at the end captured the spirit of the times perfectly.

So, all in all a day that was enjoyable and informative- it flew by and I am already looking forward to the next one!

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Accreditation congratulations

By Helen McDonnell

The AC Inaugural Conference in Dublin offered an opportunity to recognise those members who went the extra mile and achieved their accredited status.

A total of eight AC members, including five Council Members, were recognised as leading examples of maintaining standards of excellence in their coaching practice.

Accreditation is currently not mandatory within coaching realms. However, it is a process which illustrates commitment to excellence and high standards in the coaching field. It offers a chance for purchasers of coaching services to identify highly effective coaches. It also helps individual coaches develop and add value to their coaching approach.

We're here to help

The majority of coaches would admit to time constraints and prioritising as the main sabotaging factors in preventing them from becoming accredited. This is something we at the AC Ireland have recognised. Within the past year there has been a drive to try and demystify the application process and make it accessible and 'pain-free' as possible for people.

The AC Ireland Accreditation Team aims to educate members and provide support by running information seminars. We also provide email and phone support and a buddy system for applicants to make the accreditation process as accessible as possible. By supporting members through the process we are also identifying areas for further developing the accreditation process.

Until recently there was just one level of AC

accreditation. In line with AC's commitment to continuous improvement, there will be an announcement of a new three-tiered Executive Coaching accreditation scheme at the AC Global conference in London on March 11 and 12. We will be bringing you details of this in a future bulletin.

To begin your accreditation process, simply visit the Association for Coaching website; you will find all relevant details under the membership link.

Your Accreditation Team

We are a voluntary team of accredited coaches whose focus is to help you. Helen McDonnell; Rosemary Carson; Karen Wiseman. We're here to help. Simply email: accredireland@associationforcoaching.com



Timely reminders:

Accreditation application deadlines;
April 1, July 1, October 1, December 1

Next AC Coach/ Mentor supervision calls

Thursday 18th February 8am and 7.45pm
Thursday 18th March 8am and 7.45pm
Please contact Karen Blake at
enquiries@associationforcoaching.com
to book your place.

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AC Ireland Accredited Coaches at Nov 09 Inaugural Conference. Reading l-r: Oliver Johnston (former Chair), Niamh Shiells, Trudy Arthurs*, Karen Wiseman*, Orla Graham*, Helen McDonnell*, Katherine Tulpa* (AC Chair), Krishna De (AC Ireland Chair) and Johanna Fullerton* (* = AC Accredited)*

Helen McDonnell leads on Accreditation for AC Ireland. An Accredited Personal & Executive coach, she is also an NLP Business and Advanced EFT Practitioner, and runs Indigo Coaching. She sits on the Board of Directors for Aware Defeat Depression and is consultant coach with The Loop Training Consultancy.

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Co-Coaching in Ireland

By Dr Jim Loughrey & John McClean

Since Autumn 2008 the Association for Coaching Ireland has been facilitating Co-Coaching Forums in Dublin and Belfast on a bi-monthly basis.

Co-coaching is considered a unique and special offering which sets the Association for Coaching apart from other coaching associations. It is regarded as a core benefit for members, but in Ireland non-members are welcome to attend two such events, after which they will be invited to join the Association for Coaching Ireland to continue.

What is Co-Coaching?

Co-coaching is the practice of coaching within a safe environment which provides four-way learning opportunities:

- (i) being coached by others,
- (ii) observing others being coached,
- (iii) being the coach, and
- (iv) receiving and giving feedback.

How are Co-Coaching Forums run?

They currently take place in Dublin and Belfast on a bi-monthly basis. The dates of the next Forums are: Dublin (April 8, 2010); Belfast (March 3, 2010). The Forums are facilitated by experienced practitioners who follow an approach consistent with the AC's excellence guide and requirements.

Typically, co-coaching forums last 2 - 2 ½ hours, with the maximum time spent practising coaching, i.e. participants working in triads. Forums end with a review and discussion of the key learnings to have emerged.

Some of the benefits of participating in Co-Coaching

- (i) Coaches engage with a network of like-minded people.
- (ii) They receive supportive feedback from fellow coaches, something consistently identified as one of the most welcomed and encouraging aspects of co-coaching.
- (iii) As the coaching industry moves towards regulation and accreditation, the continuing professional development (CPD) of coaches becomes increasingly important. Participation in co-coaching can make a useful contribution to a coach's CPD and, whilst not a substitute for professional supervision, it can encourage coaches to put in place more formal supervisory arrangements.
- (iv) A CPD certificate is given for each Forum attended



Co-Coaching: The way ahead

As more coaches experience co-coaching there will be an emerging need to set up additional forums in other locations in the Republic of Ireland and Northern Ireland. There are currently discussions about establishing a forum in the North West region.

Importantly, the co-coaching facilitators in Ireland have ongoing access to the experience and developments within the growing network of facilitators throughout England, Scotland and Wales.

That network has already identified a num-

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ber of innovative ways (in addition to the use of triads) to facilitate a co-coaching practice session. With the consolidation of co-coaching in Ireland, it is anticipated that forums here will utilise a wider range of approaches.

Locations of the current Forums

The **Dublin Forum** takes place in Coach Centre, 44 Westland Row, Dublin 2.

The **Belfast Forum** takes place in GEM, 9 Lanyon Place, Belfast BT1 3LP.

For further information about the current Co-Coaching Forums in Ireland please contact either of the facilitators:

Dublin Forum: Dr Jim Loughrey
(cocoachingroi@associationforcoaching.com)

Belfast Forum: John Mc Clean
(cocoachingni@associationforcoaching.com)

The dates of the next Forums: **Dublin** (April 8, 2010); **Belfast** (March 3, 2010).

John McClean is currently Head of Executive Coaching at Dublin-based leadership and organisation development consultancy This Is.

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Real Live Feedback / gem

“ gem hosted its' first co-coaching event in Belfast on Wednesday 16th December, where it was described by attendees as one of the best forums they have attended. Everyone went away with food for thought, having had the chance to receive feedback and get ideas from fellow coaches.

After seeing the positive benefits of the co-coaching forum, gem has now incorporated regular co-coaching forums into their in house gem-coach program for their internal coaches. gem will continue to support the AC by hosting further forums.”

Haiti Appeal – AC Ireland CSR

By Grattan Donnelly

In line with AC Global CSR values, AC Ireland initiated a coordinated response to the recent events in Haiti.

The devastating earthquake in Haiti has left an estimated one million orphans. As part of the AC Ireland's CSR initiative, we are targeting our support to a charity providing services to orphans there.

The organisation is **Nuestros Pequeños Hermanos (Our Little Brothers and Sisters) International** which provides a family and home for orphaned, abandoned and at-risk children, living in conditions of extreme poverty. AC Ireland has personal contact with the charity through Ray Ryan, Head of Finance, who is receiving direct reports from a family friend working with orphans in Haiti.

Gena Heraty, from Mayo, is director of the Special Needs programme, and manages a house for 32 special needs children and an outreach programme for children who have severe mental and physical difficulties in a suburb of Port-au-Prince.

"The new Paediatric hospital in Tabarre, fundraised for, built and run by NPH has overwhelming numbers of small children who have lost at least one limb", Gena's sister wrote recently. "It's a mammoth task because they simply don't know the numbers that are affected. But Gena always says you have to focus on one child at a time, one family at a time – otherwise you just cannot function." To learn more about NPH please visit the website <http://www.nphhaiti.org/>

When Ray Ryan, AC Ireland's Head of Finance, mentioned to one of his clients that AC Ireland was supporting this charity, his client immediately wrote a cheque for €500. The school which

Ray's children attend raised over €3,500 in a cake sale, organized by parents and students. Just two wonderful examples of what can be done.



As part of the AC's Corporate Social Responsibility agenda we will be inviting a dialogue with our members on how we might further contribute to relief for this extreme human tragedy, and to consider long term support, some sustainable way we can help Gena and her colleagues.

For those of you who wish to financially contribute and support NPH's work directly, please make payments directly to:

1. Bank of Ireland, Dublin Airport.
Account Name: Our Little Brothers and Sisters
Sort Code: 900746
Account No: 42863621
IBAN: IE23BOFI90074642863621
Swift / BIC: BOFIE2D

2) Or post cheques / drafts to the address Bank of Ireland, Dublin Airport, Ireland marking the cheque / draft for lodgement to this account.

Grattan Donnelly is an experienced Executive Coach, Facilitator and Trainer, and is the new Programme Leader for the Coach Institute Diploma in Business, Executive and Personal Coaching in South Dublin, starting October 2010.

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Favourite Coaching Techniques

By Niamh Shiells

Each coach has their own 'favorite coaching techniques', one which they find brings powerful results for clients and which they enjoy using. This is the first in our Favourite Coaching Techniques (FCT) series. For our Inaugural Bulletin, **Niamh Shiells**, AC Ireland Vice Chair, offers us hers.

I find this to be one of the most helpful techniques for my own self care and for my clients. Sometimes it's the simplest things that make the biggest difference.

"You are going to be with only one person your entire life. Like it or not, they are going to be with you 24-7 in every single moment... They are going to determine how successful or effective you become. The relationship you create with them is extremely important. This person is you!"

- Conversations ... Dr Richard Bandler & Owen Fitzpatrick.

The Gremlin

How we talk about ourselves out loud and inside our heads has a profound effect on the feelings we create for ourselves. Some people call it the gremlin or internal bully; others refer to the parrot as it sits on your shoulder squawking away. Whatever you call it, be assured it will make regular commentary on your limitations and failures from the past and dire predictions of disasters and embarrassments for the future.

Our internal voice can be helpful when we remind ourselves to do things or caution ourselves about real danger. Unfortunately most of us and our clients have gained the habit of using our internal voice to talk us out of doing things *"I will never be able to do that"* or

to criticise *"you're so disorganised"*. The problem is this creates feelings of anxiety and worry which frequently translate into limiting beliefs and behaviors and lower self esteem.

You finish a coaching session and all of a sudden the gremlin pops up and makes you feel like you could have done better, you made a mess of it, the client will not be impressed.

You are working with a client and suddenly you are distracted by your gremlin commenting on your coaching performance.

Good Self Management

Good self management in coaching is an essential skill. It is about identifying self judgment and knowing the difference between constructive analysis and gremlin talk. The key approach for the coach is the same that you give the client: notice the gremlin, be aware of when it's at work, write down what it says and start to question its negative commentary.

TRY THIS

- Listen to your internal voice for the next few days and notice how many negative or worrying comments it makes.
- Write these comments down onto paper so you can see them for what they really are.

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- Every time you hear that negative internal voice, mentally respond with “*shut up*” or “*stop it*”.
- Mentally turn the voice down like the volume on a remote control or imagine pressing the mute button.

Replace it with positive self talk; use an affirmation such as “*I can do this*”.



Some people like to give their Gremlin a friendly name ... I call mine Brad!

Shining a light

Once you start to shine a light on your gremlin, it will start to shrink away. The more adept you become at recognising and working with your own gremlin, the more effective you will be in helping clients deal with theirs.

Unlike the weather, global financial crisis and Daniel O'Donnell, your mind is the one area where you have complete control. If your internal voice is not supporting you then it's time you replaced it with a voice that is.

Niamh Shiells is Vice Chair of AC Ireland and an Accredited AC Coach. She is the founder of Advance coaching specialising in business improvement services through people development. Advance is an approved Institute of Leadership & Management Endorsed Programme Provider.

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It's Your Bulletin – What would you like?

This bulletin is intended to help you as much as possible. To inspire, inform, educate and perhaps even entertain. We've got plans to do features on the following themes in future issues:

- Accreditation
- Co-coaching / supervision
- Goal-setting
- Developing your business

This is your opportunity to make the Bulletin as relevant as possible to your needs. Would you like to see a feature on a particularly inspiring individual? How about suggesting some books for review? This is an open door – please come through.

Simply email trudy@associationforcoaching.com with some brief ideas, together with your contact details and I will give you a call to discuss your ideas.

Background Info on Events Listing/Speaker Submissions

Events Listings

Members only may provide submissions for an events/training listing feature in each edition of the AC Ireland Bulletins. Details of the event, the dates and contact details may be included but should not exceed 50 words. These should be sent to trudy@associationforcoaching.com, no later than the dates shown in this Publication Calendar. Please note that submission is not a guarantee of publication – all submissions will be evaluated by the Publications Panel.

AC Ireland Publication Calendar:

| Bulletin No. | Publication Month | Final Submission Date |
|----------------|-------------------|-----------------------|
| Bulletin No. 2 | May 2010 | April 16 |
| Bulletin No. 3 | August 2010 | July 16 |
| Bulletin No. 4 | November 2010 | October 15 |

Speaker Submission to AC Events

The AC Ireland Head of Professional Forums welcomes suggestions for speakers and topics for our CPD events and please send these to Gay@associationforcoaching.com.

The primary aim of these CPD events is educational and it is imperative that attendees gain additional knowledge or skills to benefit their coaching in practice. The Events Panel aims to provide a variety of speakers and topics that offer groundbreaking thinking in coaching. We endeavour to secure a combination of high profile international speakers and some of Ireland's own home grown coaching talent.

All speakers are required to complete a detailed speaker submission application which is then considered by the AC Ireland Events Panel who will assess CPD opportunities, innovative and groundbreaking content and how the submission can compliment the overall events programme.

Dates for Your Diary

Co-coaching forums:

March 3 Belfast Venue: GEM, 9 Lanyon Place, Belfast BT1 3LP
April 8 Dublin Venue: Coach Centre, 44 Westland Row, Dublin 2
For booking enquiries and further details, see our feature on co-coaching in this bulletin.

CPD Events:

Leadership in Crisis -What's Needed Now? Presenter: Dr Corina Grace

April 27 Dublin

April 28 Belfast

Details of venue will be sent out within next couple of weeks.

Accreditation Timelines:

Accreditation application deadlines;

April 1, July 1, October 1, December 1

Next AC Coach/ Mentor supervision calls

Thursday 18th February 8am and 7.45pm

Thursday 18th March 8am and 7.45pm

Please contact Karen Blake at enquiries@associationforcoaching.com to book your place.

**Coach Institute
OF IRELAND**

MEET THE AC

**Come and meet members of the AC Ireland team at the
COACH INSTITUTE OF IRELAND ANNUAL COACHES TRAINING CONFERENCE,
May 15, 2010 : Galway.**

**Members of the Council will be facilitating an information stand where you can hear
more about the work and members services of AC Ireland.**

For conference and booking details visit www.coachinstitute.ie

Warm and heartfelt congratulations to Coach Institute of Ireland. Coach Institute is the first organization in Ireland to receive Association for Coaching recognition for their training, such is the quality and rigour of their Foundation Coaching Skills Programme.

Closing Thoughts

Thankyou for joining us in this journey through our Inaugural Bulletin. Please remember to send your thoughts and feedback, any ideas you may have for future issues to trudy@associationforcoaching.com. This is for you, about you – the more we hear from you, the more it will be enriched.

This final page is to tease you with what's planned for our May Bulletin, and to offer you some inspirational thoughts to finish with.

Coming in the next Bulletin:

- Meet the AC Ireland Council
- Review of the AC Global Conference – London – March 11-12, 2010.
- Meet AC Global Chair and Founder – Katherine Tulpa
- Special features, more favourite coaching techniques from members, event news and listings.

And remember – the more we grow as an Association, the more we all help to develop a powerful, effective and professional coaching culture.

You are invited to forward this bulletin to coaching colleagues, business associates and clients.

Love after Love

By Derek Walcott

The time will come
When, with elation,
You will greet yourself arriving
At your own door, in your own mirror,
And each will smile at the other's welcome.

And say, sit here, Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
To itself, to the stranger who has loved you

All your life, whom ignored
For another, who knows you by heart.
Take down the love letters from the bookshelf.

The photographs, the desparate notes,
Peel your image from the mirror.
Sit, feast on your life.