



Atlantic
Charter Chapter

April 2024



President's Message from Devin Burnham

Thank you to our ICF Atlantic members and my Board colleagues for your warm welcome and support as I stepped into the President role. We are working to expand our impact within the Atlantic community by creating space for our members to learn, share and grow together. Increasing demand for coaching within the Atlantic Region is an aspirational goal as we look to engage community organizations to embrace coaching as a catalyst for human development. Looking forward to serving and supporting our ICF Atlantic Chapter by delivering value to our members and communities. [Please contact me or any Board member](#) with your questions and ideas. Your voices are essential to our shared journey of growth and transformation.

Message from Board Members:

We are recruiting! Director Professional Development and President Elect

Come and join our new board and expand your coaching community with a dynamic group of individuals who are committed to building our Atlantic Chapter. If you are interested, please reach out to us at icfatlantic@gmail.com. We look forward to hearing from you.

ICF Atlantic: Professional Development Program

Visit our website to explore exciting new development opportunities [ICF Events — ICF Atlantic](#)

ICF Credentials Webinar Series presented by ICF Global



Earn CCE's and learn more about the value of ICF Credentials by joining a seven-part series at no additional cost: [2024 ICF Global](#)

[Credentialing Webinar Series](#)

Part 1: Value of ICF Credentialing

Part 2: Credentialing Requirement

Part 3: Team Coaching

Part 4: ICF Credentialing Exam

Part 5: Renewing Your Credential

Part 6: Mentor vs Supervision Coaching

Part 7: ICF Foundation and Ignite

Looking forward to getting together during International Coaching Week!



ICF Atlantic events including the following:

Ann Betz: Coaching, Relational Trauma & Neuroscience

JF Drouin: Capacity & Willingness for Coaches to Self-Assess

Coaching Café hosted by **Pat Rothenberger**

Keep an eye out for our ICF Atlantic Events registration link coming to you by email and LinkedIn.

Membership Corner : Welcome new members! The following members joined ICF Atlantic in the first quarter of 2024 and we are very happy they chose to join our chapter.

- Benjamin Holveck
- Margaret Gallant
- Dorien Bouma
- Emma Fairhurst

We have 150 active members who have elected ICF Atlantic as their chapter. We are grateful for your membership. The more members we have, the greater our ability to offer professional development that is rich and meaningful. Please reach out to your coaching colleagues and suggest they join the Atlantic Chapter.

ICF Global has switched to an Anniversary Year membership model, which requires monthly renewals. Each ICF membership is now valid for 12 months. Going forward I will send out two emails per month – one for 30 days before and one for 30 days after – the member's expiration date, for those members approaching their renewal date. If you have any questions, please email Charlene McQuaid, Director of Membership at ICFAtlantic@gmail.com.

We encourage you to explore our website! Check it out at www.icfatlantic.com plus follow us on LinkedIn [ICF Atlantic: Overview | LinkedIn](#)

Resources from ICF Global to assist you. We are committed to helping our members leverage ICF resources. ICF is the world's largest organization of professionally trained coaches and the leading voice for the global coaching community. www.coachingfederation.org.

With our focus on mental health during Q2 2024, we are highlighting two resources that may be useful for you.

- 1) Referring a Client to Therapy: A Set of Guidelines. Please click here to access the resource: [ReferringaClienttoTherapy.pdf \(coachingfederation.org\)](#)
 - 2) Reference Sheet: When and how to refer a client to therapy or other helping professionals. Please click here: [Reference Sheet](#)
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ICF Atlantic Pro Bono Coaching Project

ICF Atlantic is excited to announce our second year of the pro bono coaching initiative for non-profit organizations in Atlantic Canada. Through the program, ICF Atlantic connects organizations with qualified coaches. The goal is to support people who are contributing to the non-profit organizations which serve our communities. This program will be relaunched on June 3rd, 2024. If you are interested in joining the Pro-Bono initiative as a coach, please click the link: [Pro Bono Coach Application Form](#)

Past volunteers will be contacted to confirm details and availability. We look forward to this rewarding initiative in supporting the important work of our Atlantic Canada non-profit community.

Thank you to our committee members Catriona Lander, Desiree Ghosn and Heidi Edgar (Board Representative) for their dedication and efforts to make coaching accessible in the Atlantic Region.

What we are reading: Unfiltered The CEO and The Coach by Ana Lueneburger and Saurabh Mukherjea.

Interesting twist with the coach and the client co-publishing a book that “opens the doors that normally shield the confidential world of coaching conversations.” Several challenging and uncomfortable discussions to enable growth!

Chapter 6: In Session: A Coaching Conversation. Sharing some effective questions:

I wonder if there is an avoidance element with difficult dialogues. What do you think?
Is there anything that you notice in your body as we are talking about this?
This seems to trigger you. What values of yours might be behind this?

The coach nudged and pushed when required, always fully in the best interest of the client. Together, they defined strengths which “is important to facilitate a leader’s awareness, where they excel and where they may have blind spots. Lasting change is only possible when we can embrace our imperfections.”

What’s Happening in the Atlantic Region?

Chapter members who live on PEI have been gathering for lunch once every two months, thanks to Chapter Board member and organizer, Wendy Jones. Most months between 5-12 members show up, with discussions ranging from an ICF Competency to the sharing of favourite coaching articles and books. The next meet up is scheduled for mid-May in Charlottetown. Please email us if you are interested in joining ICFAtlantic@gmail.com

Would you like to establish additional gatherings throughout the Atlantic Region?

Our members have indicated that they want to know more about what is happening in the Atlantic Coaching Community. Please email ICFAtlantic@gmail.com with information about what is happening in the Atlantic Region that would be of interest to our ICF Atlantic members. Information will be published in our Summer Newsletter.

We look forward to hearing from you.

All the best from your ICF Atlantic Board

