



**President’s Message from Amanada Tait:** It is an honour to be your incoming President and I want to acknowledge Pat Rothenberger’s leadership as Past President and the contributions made by last year's Board. I am excited to welcome our new and returning Directors to the Board as I am certain they will continue to create value and provide exceptional service to our ICF Atlantic members. Please reach out with ideas or thoughts on what you’d like our chapter to provide.

**New Board Members:** We announced our New Board members in December. Please visit our website to get to know our new Board Members. [Who We Are — ICF Atlantic](#)

We want to hear from you if you have questions or suggestions on how we can help build our ICF Atlantic Chapter. Our goal is to build a strong Atlantic coaching community where we can all learn, share, and grow together. Please contact us at [icfatlantic@gmail.com](mailto:icfatlantic@gmail.com).

## ICF Atlantic: Profession Development Program

# PROFESSIONAL DEVELOPMENT CONTENT CALENDAR

## QUARTERLY THEMES

January – March

### SCIENCE OF COACHING

A deep dive into the neuroscience and psychological research underpinning coaching effectiveness, supported by interdisciplinary insights from industry leaders in HR, change management and related fields.

April – June

### MENTAL HEALTH & INTERNATIONAL COACHING WEEK

*Mental Health:* Analyzing the coach’s role in being helpful vs. helping, we will empower our members with tools to navigate challenging conversations while establishing professional & ethical boundaries, including when to defer to specialists.

*ICW:* Partnering with ICF Global, we will host webinars, workshops, panel discussions and public coaching demonstrations.

July – September

### ART OF COACHING

Focusing on the art of “being” as coach, these events will highlight techniques and practices in communication & listening, presence, establishing rapport and building trust.

October – December

### DIVERSITY, EQUITY, INCLUSION & BELONGING (DEIB)

Embracing the coach’s role as ambassador for psychological safety within a thriving society, we will ascribe to the core values of professionalism, collaboration, humanity and equity. We want to learn what’s most relevant to our membership’s needs as we co-create this quarter’s event plan together.

### COACHING CAFES

Zoom meetings exploring the latest topics & trends, where all participants are encouraged to contribute, learn and grow through meaningful dialogue.

### ICF GLOBAL CREDENTIAL AWARENESS CAMPAIGN

Aligned with ICF Global, we will strive to promote the Value of ICF Credentialing, investigate How ICF is Advancing Team Coaching, examine the Nuts & Bolts of Credentialing, divulge the Mentor Coaching & Coaching Supervision process, immerse ourselves within the sphere of ICF Global Cultural Competency, and demystify The Credentialing Exam & Core Competencies.

We are committed to providing a minimum of six events as highlighted in the above Professional Development Content Calendar. Our focus is to support the development needs of our members while providing an opportunity to earn Continuing Coach Education (CCE) hours.

We are looking for interactive, relevant, and interesting presentations to support the development needs and interests of ICF Atlantic members. **CALL TO ACTION:** If you have suggestions for potential speakers or topics, please email Professional Development Director Devin Burnham at [ICFAtlantic@gmail.com](mailto:ICFAtlantic@gmail.com)

We would love your input to collaboratively shape a meaningful and highly valued professional development calendar. We're hosting a focus group as part of our revamped Coaching Cafes to better understand your wants and requirements. Please join us on February 13 at 12:00 p.m. AST (12:30 p.m. NST). **REGISTAR NOW:** <https://us02web.zoom.us/meeting/register/tZAvde6hqzgpGtccO3b2tmAsmN3JYe3tb0RR>

Stay tuned for our Science of Coaching events this quarter! We will be communicating upcoming events through direct emails to members and LinkedIn posts.

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## Membership Corner

ICFA currently has 151 Active members, with 29 new members joining in 2023. Most members reside in one of the four Atlantic provinces, but 13 reside outside the Atlantic provinces and 9 live in a country other than Canada.

We are optimistic about sustaining or surpassing our current membership growth rate in 2024. Please reach out to your coaching colleagues to suggest they join our community. If you have any questions or ideas to promote membership with ICFA, please email Charlene McQuaid, Director of Membership at [ICFAtlantic@gmail.com](mailto:ICFAtlantic@gmail.com).

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

### How to get the most out of your ICF Atlantic membership:

- Access to our exclusive **“Member Only” webpage**. If you are an ICFA members but do not have the password, please email us at [icfatlantic@gmail.com](mailto:icfatlantic@gmail.com).
- **Submit your Profile and Headshot for the “Find a Coach”** webpage by accessing your “Members Area” page on the website, completing the form, and emailing your headshot to [icfatlantic@gmail.com](mailto:icfatlantic@gmail.com)
- **Submit a blog!** Share your story, knowledge, or expertise. Click here to submit your blog! [Submit a Blog Post — ICF Atlantic](#)

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## Resources for your ICF Credentialing Journey

ICF Atlantic Chapter is committed to helping you in your ICF credentialing journey. ICF-credentialed coaches are professionals who have met stringent education and experience requirements and have demonstrated a thorough understanding of the coaching competencies that set the standard in the profession.

We are working on adding a resource section to our website to create easier access for members.

Highlighting two areas that may be useful for you with links to **ICF Global** at [www.coachingfederation.org](http://www.coachingfederation.org).

**Professional Development:** ICF requires its credentialed coaches to continuously improve their professional skills and knowledge to provide the best value to their clients. You can find Continuing Coach Education (CCE) sources plus where to find CCEs. Please click: [ICF Global](#).

**ICF Credentialing Exam Content including Sample Questions.** Please click: [ICF Global](#).

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## What we are reading:

**Hidden Potential by Adam Grant.** Great read, sharing a couple of highlights:

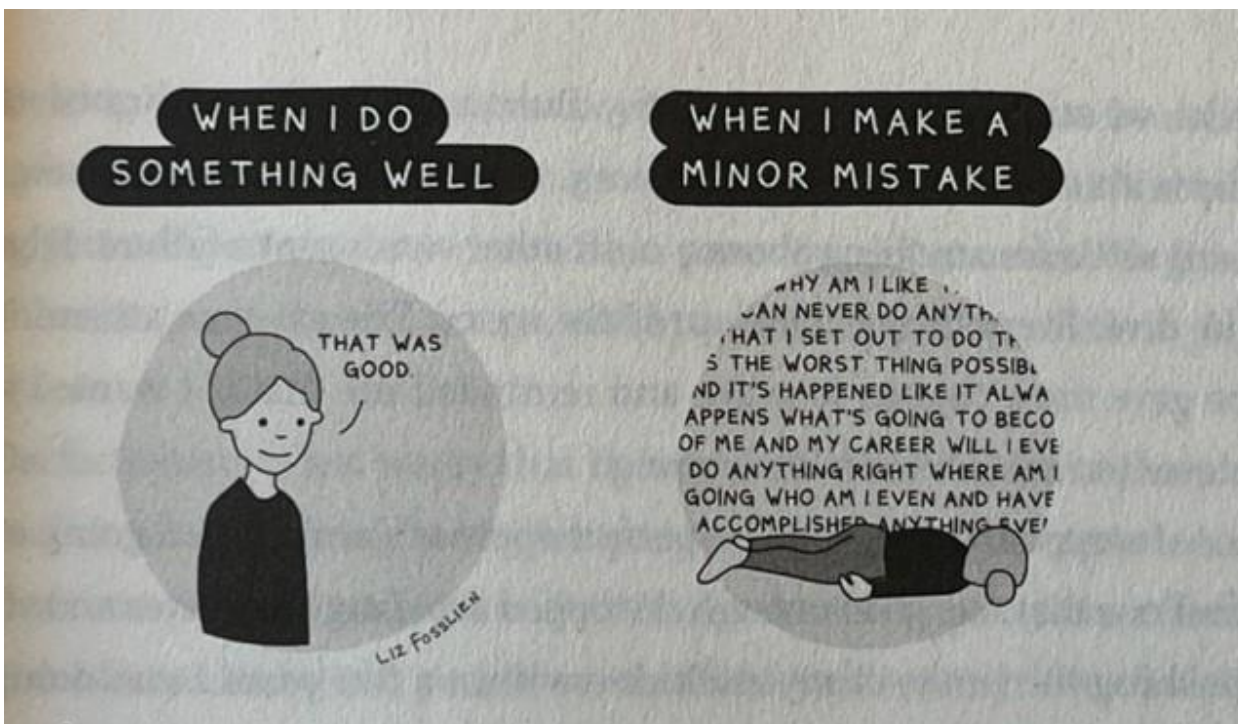
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“The true measure of your potential is not the height of the peak you’ve reached, but how far you’ve climbed to get there.”

“Success is more than reaching our goals – it’s living our values. There’s no higher value than aspiring to be better tomorrow than we are today.”

Imposter syndrome says, “I don’t know what I’m doing. It’s only a matter of time until everyone finds out.”  
Growth mindset says, “I don’t know what I’m doing yet. It’s only a matter of time until I figure it out.”

“Perfectionists tend to do three things. One: they obsess about details that don’t matter. Two: they avoid unfamiliar situations and difficult tasks that might lead to failure, and Three: they berate themselves for making mistakes, which makes it harder to learn from them.



“Collective intelligence rises as team members recognize one another’s strengths, develop strategies for leveraging them, and motivate one another to align their efforts in pursuit of a shared purpose.”

“Our deepest reserves of resilience come from knowing that other people are counting on us.”

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## **ICF Atlantic Board positions that need to be filled: Secretary 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](mailto:icfatlantic@gmail.com).

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We look forward to hearing from you.

All the best from your ICF Atlantic Board

