

## **International Coaching Week 2018 Experience Coaching Initiative**

The goal of the Experience Coaching initiative is to provide professional coaching by ICF members to local non-profit organizations. This 3rd annual initiative is part of the Global ICF International Coaching Week.

The International Coach Federation, "an organization dedicated to advancing the art, science, and practice of professional coaching," is holding its 21st annual International Coaching Week. This yearly event is designed to educate communities all over the world about the value of coaching for individuals and organizations.

Coaching is a professional partnership between a qualified coach and an individual or team that supports the achievement of specific results. Coaching accelerates a client's progress by providing greater focus and awareness, leading to more effective choices, accountability, and increased follow-through.

### **2018 Participating Organizations**



**BOY SCOUTS  
OF AMERICA**



# Experience Coaching Participating Coaches



## **Amy Kay Watson, ACC, CEBC, M.Div.**

Since 2015, she has been coaching talented, brilliant, tender-hearted leaders to discover their destiny, own their power, and live their purpose with humor, courage, and compassion—even in a corporate environment. She has coached individuals in the US, Canada, France, and Ireland. Her ebook, *Working with Stress and Fear: Your Guide to Feeling it and Rocking the Job Anyway*, shares many of her personal stories and the tools she has found to connect meaningfully with her work and with others. (She once opened for a punk band in Germany. No lie.) Amy is an ICF-certified career and leadership coach in Columbus, Ohio. She has served on the board of directors for the Compassionate Communication Center of Ohio and is currently co-chair of the leadership series for WELD (Women for Economic and Leadership Development). She is a graduate of Fielding Graduate University with a Certification in Evidence-Based Coaching, and Princeton Theological Seminary with an M.Div.



## **Barb Girson , RCC™, ACC | President, ICF CCC**

Registered Corporate Coach™ Certified Coach in Conversational Intelligence®

Executive, Leadership, Business, and Sales Coach

Barb Girson is the CEO & President of My Sales Tactics, LLC a professional skill development company. Barb and her team help companies, teams, and entrepreneurs gain confidence, get into action, grow by designing and delivering custom training and executive coaching programs. Girson has provided contract-coaching and training services to diverse owners, senior execs, and professionals from Fortune 50/100 companies from both the public and private sector. Barb is a sought-after authority speaking on categories such as: leadership, building trust, Conversational Intelligence, DiSC behavioral styles, team building, change management, women in business, sales, and direct sales at workshops, leader retreats, and conventions. She was also featured in USA Today, appeared on CBS This Morning, & Fox 28 News. Barb likes to travel and recently had projects in Australia and Southeast Asia. Barb, president of ICF Columbus Charter Chapter, has represented our chapter at the ICF Global Forums in Warsaw, Poland (2017) and Vancouver, British Columbia (2018). She uses skills she mastered in her first multi-million dollar company, as well as having served on the senior management team as a National Sales Director—responsible for up to \$40 mil revenue and 20,000 constituents in North America. She understands business from various vantage points and her energy, enthusiasm, and experience will inspire you to grow.

## **Bob Towner-Larsen**

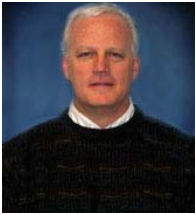
## **Debra Kenney**



## **Diana Raney Williams, Ph.D., PCC**

Leadership, Executive, and Education Coach

Diana mentors coaches aspiring for certification and evaluates coaching programs. She has served as a lead investigator for diversity research in business practices. She was a founding member of Coaching For Results Global, Inc. where she served as Chief of Evaluation Services and as a member of the Board of Directors. Diana has served as a faculty consultant for The HOPE Foundation and consults across the country in professional development activities related to leadership coaching. She served as an urban educator for over 30 years in the Columbus City School District. In addition to having been a teacher and evaluation specialist, she also served as a principal, the supervisor of staff development, and a central office administrator for Effective Schools. She has written several journal articles and co-authored a book, *The Elementary Principal's Personal Coach: Tapping into your power for extraordinary leadership*. (Corwin Press, 2010).



## **Don English**

Don English is President of English & Associates and has successfully led both union and non-union operations, domestically and internationally. Honda was recognized as one of the 100 Best Companies to Work For during his tenure as Vice President. Don has more recently focused on supporting companies in a variety of industries with strategic planning and developing advanced Human Resource functions to better serve the organizations as true business partners. He has also been providing Executive coaching services since 2002 and has been engaged by a number of fortune 100 companies as well as mid-sized and small organizations. He supports the alignment of corporation's strategic objectives, vision, and their unique culture. Bringing these three significant business components together allows leadership to develop employees to meet their future needs and challenges. This strategy ensures that each segment of the business is engaged in doing the right things, in the right way and with the right people. Don's vast experience includes having served in roles such as Senior Vice President of Operations, Vice President of Administration, and Vice President of Human Resources for various subsidiaries of Honda. Additionally, Don was the Senior Operations Manager and also Domestic & International Manager of Labor Relations for Flying Tiger Airlines, Manager Employee Relations for TRW Space and Technology Sector, and Senior Operations Manager for Associated Transport. Don has also been an Adjunct Professor in Labor & Industrial Relations at California State University. Don earned a Masters in Human Resource Management from Franklin University and a Bachelor's in Labor & Industrial Relations from Cleveland State University. Don also completed Asian Labor Studies from Sophia University in Japan. His affiliations include the Wharton Business School Research Advisory Group, International Coaching Federation, Society for Human Resource Management, and Capital City Organizational Development Network.



## **Eli Shur, Director of Programming, ICF CCC**

Board Certified Coach (BCC), Certified Life Coach (CLC), National Board Certified Health and Wellness Coach (NBC-HWC)

Leadership, Business, Health & Wellness Coach

Eli brings over 25 years of experience in developing human potential. He helps create lasting change by discovering mindset challenges and providing a safe space for reflection so his clients can adopt and train in a new, more effective mindset. He does this by making sure his clients have evidence-based tools to reproduce the changes created in sessions, allowing the client to drive the coaching and continuing to improve his skills as a coach. Eli is a doctorate student of Psychology with a focus on human performance. In September of 2017, Eli Shur earned the distinct honor of being in the first select cohort of nationally credentialed Health & Wellness coaches (NBC-HWC).



## **Essie Richardson, M Ed, ACC**

Leadership Coach

Essie H. Richardson is an experienced educator that has transitioned from a classroom teacher, school counselor, staff development specialist, school administrator to a small business owner and leadership coach. As a leadership coach, she provided coaching to school leaders of schools that had been identified as those in need academic improvement. In addition to her experiences as a leadership coach with a school district, she has obtained coaching certification from the International Coach Federation: The Gold Standard in Coaching. A quick glance at her experiences is a good indicator that she has a passion for helping to maximize their potential and achieve their short and long term goals. One of her favorite quotes is by Jesse Jackson, " If my mind can conceive it, my heart can believe it, I know I can achieve it."



### **Janine Moon, Master Certified Career Coach**

Janine has many years experience in leadership, leader and organization development, executive and team coaching and C-level peer advisory groups. Janine provides leaders with tools that get to the bottom of employee resistance and low productivity, helping identify low engagement and define actions to jumpstart employee commitment. One of five Master Certified Career Coaches in the country, she teaches in graduate and undergrad psychology programs at Franklin University and has published two books on career success in the 21st century. A runner for over 30 years, she continues to explore how human energy sources (physical, mental, emotional, spiritual) impact business and personal contribution and satisfaction.



### **Janna Yeshanova, MA, MEd, ACC**

ICF Columbus Community Lead for the Experience Coaching project, Educational Committee member Founder of Life-Spark, LLC is a dynamic and powerful life coach and trainer. Originally from the former Soviet Union, Janna escaped to the US when persecution became violent. Arriving in the US with her family, \$126 in her pocket and knowing not a soul, Janna developed problem solving and conflict management skills she now shares with coaching clients. For many years she taught and trained Conflict Resolution at Antioch University, McGregor School in Yellow Springs OH. When she and her family moved to Columbus, Columbus State Community College invited her to train at the Center for Workforce Development. At the same time, she consulted for various national and international companies including Navistar International, NCR, Honda of America, Mfg., Standard Register, Lexis-Nexis and COSI. Her clients also include various government agencies and non-profit organizations. Janna leverages her passion and engaging style to help her clients spark the possibilities of their lives. When she is not training or coaching, she offers presentations and group discussions to groups and organizations on goal setting, listening skills and conflict resolution.



### **John Coyne, MA, ACC**

Professional coach and HR consultant

Seasoned HR (30+ years) and coaching (ICF certified) professional with extensive business background leading the HR function for a global manufacturing company business unit. Provided support and strategic direction as a business partner and created high performance teams by hiring, developing and motivating talent through coaching and other development programs. Currently working with diverse range of clients and organizations including individual, business and non-profits to facilitate personal and professional transformation. This involves engaging in a collaborative and challenging process with individuals to create positive change and unlock their potential to lead a more productive and fulfilling life.



### **Karen Tiller, PCC**

Business, Executive, Leadership and Career Coach

Karen is an experienced professional who has led and implemented programs that achieve strategic business objectives and people initiatives. She is passionate about work that unleashes the potential of individuals, groups, and organizations to impact positive performance, behaviors, and learning. Her specialties include coaching, lean systems/manufacturing, leadership development, change management, culture transition, communications, teams, and facilitation. She is employed at JPMorgan Chase as a Vice President, Process Improvement Manager. She is a member of the Global International Coach Federation in addition to the local ICF Columbus Charter Chapter and is an ICF Professional Certified Coach (PCC) and Certified C-IQ Coach.

### **Kate Wingfield**





## **Mark Matson**

Leadership and Life Coach

Mark has served in corporate leadership roles in a variety of organizations over the course over 35 years. He is currently VP of Organization Development for a Columbus engineering firm. He holds a Masters in Human Resource Management from OSU and a Masters in Divinity from Boston College – providing for a unique combination of business and spiritual perspective. Mark recently completed 62 hours of International Coach Federation training in Dallas. His personal life experiences include family health, career stress and transition, geographic relocation and separation, the impact of systems of belief on our behavior, and a host of performance and behavior management issues in the workplace. He is certified in the Myers-Briggs Type Indicator, Predictive Index, and Leadership Circle 360. He is also an interior design consultant and enjoys the arts, reading, and riding his Harley.



## **Mark Stanifer**

With over 20 years of experience in Corporate America, from back-office accounting to board room presentations, Mark brings a unique skill set and perspective to the world of coaching. He is a recent entrant into professional coaching but has long been passionate about helping people discover who they were created to be and live in a more authentic and purposeful way. That's why in 2016 he left the corporate world to start Dare 2 Live Coaching. Whether through navigating transitions, finding margin, crafting a legacy, or just setting better goals, Dare 2 Live Coaching exists to help clients be able to move forward and start living in alignment with their passions and purpose. Mark is member of the Columbus ICF chapter and is actively pursuing accreditation through ICF.



## **Pam Basil**

Executive and Leadership Coach

Pam has been involved with people all of her career. Since 1982, she has held the position of Social Services Director at a non-profit agency. In 2004, she had the opportunity to become certified as an executive coach through Sherpa Coaching. As an internal executive coach, she has worked individually with a number of managers, who have fundamentally improved their managing skills. She has also co-facilitated the 'Coaching Skills for High Performance', a two-day course for managers. Pam has had the privilege of coaching top managers in the community improve their communication skills within their organizations. She has presented portions of this coaching program at State Conferences. In June 2009, Pam was honored to receive the 'Sherpa Coach of the year' amongst 200 talented and competent coaches throughout the country and world.



## **Pat Snyder**

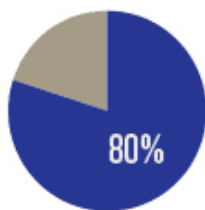
Pat uses strengths-based coaching to help busy professionals take their personal and professional lives to the next level and navigate career transitions. A Certified Professional Co-Active Coach, she holds the ACC credential through ICF and a Master of Positive Psychology degree from the University of Pennsylvania. Pat, a former attorney, focuses her coaching practice on public and private sector attorneys through her coaching company I Can Fly, LLC.

# Benefits of Coaching

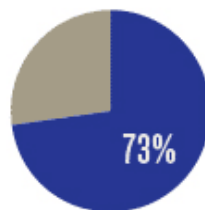
Individuals who engage in a coaching relationship can expect to experience fresh perspectives on personal challenges and opportunities, enhanced thinking and decision making skills, enhanced interpersonal effectiveness, and increased confidence in carrying out their chosen work and life roles. Consistent with a commitment to enhancing their personal effectiveness, they can also expect to see appreciable results in the areas of productivity, personal satisfaction with life and work, and the achievement of personally relevant goals.

Coaching accelerates the individual or team's progress by providing greater focus and awareness of possibilities, leading to more effective choices. Coaching concentrates on where individuals are now and what they are willing to do to get where they want to be in the future. ICF member coaches recognize that results are a matter of the individual or team's intentions, choices and actions, supported by the coach's efforts and application of coaching skills, approaches and methods.

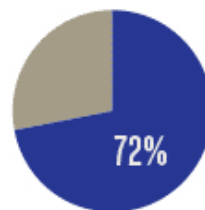
## Positive People



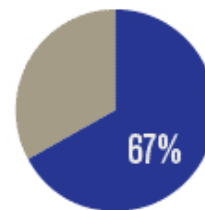
Improved Self-Confidence



Improved Relationships

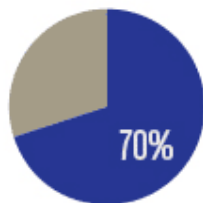


Improved Communication Skills

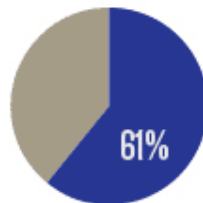


Improved Life/Work Balance

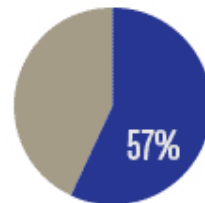
## Increased Productivity



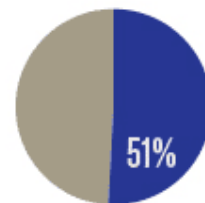
Improved Work Performance



Improved Business Management



Improved Time Management



Improved Team Effectiveness



### **Patrick Donadio**

Patrick Donadio is a Certified Speaking Professional (CSP) and Master Certified Coach (MCC). Since 1986, he has guided leaders and their organizations with powerful presentations and one-on-one business communications coaching. From the boardroom to the frontlines, he shows people how to improve communications/presentations, increase profits, enhance credibility, deepen relationships and boost performance — in less time. As an executive/ business coach, Patrick works with “C” Suite Executives, Entrepreneurs, and other Professional Services Providers (Consultants, Lawyers, Accountants, Physicians...) to improve communication/presentation skills and grow their business. As a leader, Donadio has served locally and nationally in numerous professional/community service leadership roles.



### **Rhonda Peterson**

Leadership Coach

Rhonda’s focus is unleashing the potential of leaders for greater impact. High-capacity leaders find their own courageous clarity when they work with her. She believes the solution isn’t about learning a new technique or trick to fit it all on your plate. The solution is activating what’s inside you so you can focus on what’s most important, your Masterpiece. When you do this, you will make your greatest impact. You will be doing your Masterpiece work! Her experience in consumer products marketing and church volunteer management gives Rhonda a wide range of experiences in relating to her clients.



### **Sean Olson**

Sean is an executive coach with over 20 years of experience helping individuals and teams reach their full potential and effectiveness. He has worked with officers, directors and senior managers in start-ups to Fortune 500 companies. As an executive coach, Sean works with individuals and teams from the C-Suite to Managers. His business background and relational skills work effectively in executive coaching that brings results. He works most effectively with individuals and teams that are looking to move rapidly and are ready to put in the work necessary to change. Sean is an Associate Certified Coach (ACC) with the International Coaching Federation. He is also a Marshall Goldsmith Executive Coaching Stakeholder-Centered Coach. He has also completed the CoachU Core Competency Program and is completing the Advanced Corporate CoachU program.



### **Sezin Sirin Hussan, MBA, CPCC, ACC**

Life and Executive Coach for Millennial Professionals

Sezin is a certified professional coach who is educated in multiple disciplines and has worked for organizations in various sectors for 10+ years in US and Turkey. She is also trained in mastery of consciousness where she studied and developed understanding of mental skills including meditation, attention, concentration, listening, memory, re-energizing and realizing of mind and body, which leads to more fulfilling life. Being a typical millennial, Sezin finds the joy to partner with her fellow millennial professionals and witness their profound personal and professional growth in areas of self-awareness, confidence, courage, creativity, motivation, work-life balance, mindfulness-based stress reduction, clarity and focus on goals, habit changes, healthy relationships with self and others, interpersonal skills. Sezin's fun, flexible and judgment free style provides safe and confidential space, so her clients can feel the liberty of being themselves and create from this powerful space. Eventually, her clients become whole-functioning self by honoring core values, tapping the inner sources and living the life more purposefully.



## **Shelly Stotter**

Shelly Stotter has 20 years of corporate executive leadership and coaching experience across a variety of industries. Her clients include C-suite executives, engineers, marketers, financial advisors, scientists, project managers, medical professionals, lawyers, operations experts and more. She guides leaders to success through proven processes that bring clarity and focus, based on their unique passions and skills. She is known for her vision, positive energy, and insightful solutions that grow market presence in sustainable, scalable ways. Her expertise across business disciplines gives her a deep knowledge of the working world and a unique perspective that is rare among career coaches. Shelly is a certified practitioner of one of the most powerful assessment tools available: the Birkman Method®. Her coaching process utilizes this instrument to identify key strengths, motivations and interests so individuals gain an understanding of their unique workplace behaviors and needs. As an executive and as a coach, she believes in establishing cultures that leverage the strengths of individuals to collectively drive team excellence. She believes that every employee, at any level, can and should do work that both moves the business forward and provides personal fulfillment. Real world work situations are used to test new techniques, deliberately reflect on these experiences and hone techniques in order to evolve as a contributing team member and leader. This approach dramatically improves interpersonal relations, leadership skills, business outcomes and team performance.



## **Wendy McWherter**

Entrepreneur and Nonprofit Leadership Coach

Wendy McWherter collaborates with entrepreneurs and non-profit leaders to help them succeed in their “must do” endeavors. Wendy’s mission is to empower passionate people who want to innovate. She is trained both academically and in the school of “hard knocks” through her leadership experiences in the fields of organizational development, strategic planning, sales, and business development. Wendy also enjoys facilitating learning in teams through group coaching and specialized training environments. She focuses on helping working adults learn principles and do actions that will help them flourish in the changing environments they face every day. Wendy believes each leader and each team possesses unique strengths, and that empowering those strengths creates the best catalyst for change.



*An individual or team might choose to work with a coach for many reasons, including but not limited to the following:*

- *Something urgent, compelling or exciting is at stake (a challenge, stretch goal or opportunity)*
- *A gap exists in knowledge, skills, confidence or resources*
- *A desire to accelerate results*
- *A lack of clarity with choices to be made*
- *Success has started to become problematic*
- *Work and life are out of balance, creating unwanted consequences*

***Core strengths need to be identified, along with how best to leverage them.***

**Thank you to our Experience Coaching Committee**

**John Coyne, Experience Coaching Co-Chair**

**Roger Moore, Experience Coaching Co-Chair**

**Janna Yeshanova, Community Lead**

**Karen Tiller, Immediate Past 40/40 Chair**

# ICF Columbus Charter Chapter

## Voting Board Members



**Barb Girson**  
President



**Essie Richardson**  
Treasurer



**Eli Shur**  
Director of Education



**Diana Williams**  
Executive Secretary



**Pat Snyder**  
Ethics Liaison

**Barb Girson**, President - [barb@mysalestactics.com](mailto:barb@mysalestactics.com)

**Essie Richardson**, Treasurer - [ehrichar@aol.com](mailto:ehrichar@aol.com)

**Eli Shur**, Director of Education - [eli@elementalcoachingint.com](mailto:eli@elementalcoachingint.com)

**Diana Williams**, Executive Secretary - [dwilli1398@aol.com](mailto:dwilli1398@aol.com)

**Pat Snyder**, Ethics Liaison - [pat@lawyercoachpatsnyder.com](mailto:pat@lawyercoachpatsnyder.com)

## Leadership Team

**Ted Fireman**, Membership Chair - [Tfireman@frannet.com](mailto:Tfireman@frannet.com)

**Valerie Biehl**, Community Relations/Marketing Chair - [valerie.biehl@gmail.com](mailto:valerie.biehl@gmail.com)

**Patty Kimball**, Part-time Chapter Admin – [icfcolumbuscc@gmail.com](mailto:icfcolumbuscc@gmail.com)

**John Coyne**, Experience Coaching Co-Chair - [coyne.johnp@yahoo.com](mailto:coyne.johnp@yahoo.com)

**Roger Moore**, Experience Coaching Co-Chair - [ra007moore@gmail.com](mailto:ra007moore@gmail.com)

**Janna Yeshanova**, Programming Committee/Experience Coaching Committee Member - [janna@life-spark.com](mailto:janna@life-spark.com)

**Eleanor Meekins**, Immediate Past Director of Education - [emeekins@protalentsource.com](mailto:emeekins@protalentsource.com)

**Karen Tiller**, Immediate Past 40/40 Chair - [ktiller09@gmail.com](mailto:ktiller09@gmail.com)

**Amy Watson**, Emerging Leaders Chair - [amy@careerleadershipalignment.com](mailto:amy@careerleadershipalignment.com)

**Our ICF Columbus Charter Chapter meets  
September—May on the second Monday of each month and is open to the public.**

Please visit us to learn more about the benefits of coaching.

**[www.ICFColumbus.org](http://www.ICFColumbus.org) | [ICFColumbusCC@gmail.com](mailto:ICFColumbusCC@gmail.com)**