

# ICF Columbus Charter Chapter



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**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)

## International Coaching Week 2017

### 40/40 Initiative

The goal of the 40/40 initiative is for 40 professional coaches, to contribute 40 pro-bono coaching hours for a 40-hour workweek. The second annual 40/40 Initiative will offer pro-bono coaching services to local nonprofit organizations as part of International Coaching Week.

May 15-21, 2017, the International Coach Federation, “an organization dedicated to advancing the art, science, and practice of professional coaching,” is holding its 18th 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.

### 2017 Participating Organizations



## 40/40 Initiative Participating Coaches



**Barb Girson, ACC** | President, ICF CCC

Registered Corporate Coach™

Certified Coach in Conversational Intelligence®

Executive, Leadership, Business, and Sales Coach

Barb brings over 20 years of experience in speaking, coaching, business consulting, and facilitation. She helps companies, teams, and entrepreneurs gain confidence, get into action, and grow by designing and delivering custom executive coaching and training programs (1:1, groups, and organizations). Barb Girson earned the distinction in 2017 as one of the inaugural 250 Coaches worldwide Certified in Conversational Intelligence® (C-IQ). She uses skills that she mastered while building her first company, a multi-million dollar business, as well as, serving a decade in senior management national roles with corporate responsibility for up to \$40 million in revenue and leading up to 500 leaders and 20,000 consultants in North America. She has provided contract-coaching and training services to company owners, senior executives, and professionals across numerous industries including service-oriented, technical environments (accounting, engineering, law etc.), Fortune 50 and 100 companies, insurance industry, and privately held organizations.

### **Bob Prokop**

Personal Growth, Health Fitness, and Relationship Coach

Bob Prokop is a Certified Professional Coach and Licensed School Psychologist with over 30 years experience as a school psychologist and coach. Bob started as a school psychologist with Columbus City Schools in 1986 and is an expert in the change process and relational issues. As a coach, Bob offers a wide range of services which include talks and individual coaching in the areas of personal growth, relationship issues, the change process, conflict resolution, grieving, divorce, special education issues, organizational change, leadership, assertiveness training, parenting, wellness and health and fitness. Bob is a single parent with a 16 year old daughter, is an active member of Heritage Christian Church and presently volunteers with the Mt. Carmel West Hospital Outreach Program and with the Special Olympics as a basketball coach.

### **Brenda Buckwell**

Rev. Dr. Brenda Buckwell as Founder of Living Streams Flowing Water, practices coaching with individuals who desire to exceed their current level of personal and professional leadership. She specializes in coaching nonprofit executives, clergy and church leadership, and those in transition, seeking healing and struggling with AOD (Alcohol and Other Drugs) issues. Brenda is an author (The Advent of God's Word), an ICF credentialed coach and a United Methodist Endorsed coach and spiritual director who helps people navigate the continuous change in twenty first century living. Brenda has a Doctorate in Leadership and Theology, and a Master's degree from Boston University.



*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 40/40 Initiative Committee

**Karen Tiller, 40/40 Initiative Chair**

Stephanie Cunningham

Barb Girson

Essie Richardson

Wendy McWherter

**[www.ICFColumbus.org](http://www.ICFColumbus.org)**

**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.

**Stephanie Cunningham, CPC**

Personal and Professional Development Coach

Stephanie has over 15 years of experience in sales, training, marketing communications and strategy. Stephanie combines her passion for business and personal development to help clients reach their full potential. Stephanie is a Certified Professional Coach currently working toward ICF accreditation.

**Ted Rice**

Ted Rice works with clients from a range of backgrounds, careers and life stages. These include business owners, organization executives, recent college grads and boomers in transition. He has been coaching for four years and is accredited by the ICF (ACC) and The Coaches Training Institute (CPCC) and has an MBA from Ohio University. Previously, he spent 26 years as a successful commercial portrait photographer. In talking about his own career transition, he says, "At some point I realized I was a lot more interested in the people than the pictures. As a coach, I deploy a skill honed as a photographer: quickly building trust with the person I'm with. As a photographer, it made great portraits, as a coach, it makes great lives." He works primarily by phone and skype from his home on a brick lined street in Mount Vernon, OH.

**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.

**Cheryl Ricketts, PCC, MCC**

Executive, Leadership and Career Coach

Cheryl incorporates her experience as an entrepreneur, Talent Management professional and Sales executive to guide executives and high potential leaders to a greater level of success. She also works with individuals who are considering a career transition to explore their priorities, discover options which align with their preferences and implement meaningful action plans. Cheryl supports organizations and individuals in creating meaningful change in people, approaches and systems. Throughout her career, she has partnered with numerous Fortune 500 firms from a variety of industries including insurance, retail, health care, manufacturing, not-for-profit, and governmental agencies.

**Chris Warnky, Immediate Past President, ICF CCC**

Executive and Life Coach

Chris has three years of executive and life coaching experience and he also has 33 years of corporate leadership and management experience. Chris has helped his clients on significant topics of concern, having helped clients in their lives and business on: leadership, communication, personal finances, personal health, life balance, spiritual life, etc. Chris is a pure coach, focusing on the coaching process to help clients get to solutions that are tailored specifically to them so that they work. Chris is a Certified coach, trainer, and speaker with the John Maxwell team. For two years he served on the organizations Presidents Advisory Council. He is also a member of the International Coach Federation Global and has served as the two term President of the local chapter. In his spare time, Chris is training to compete, at the end of May, in Philadelphia, with his daughter Michelle, on the NBC-TV show American Ninja Warrior.

**Deborah Kenney**

Leadership, Career, Work-Life Balance, Change Management Coach

Deborah has over 25 years of experience in the areas of insurance, education and law and is currently coaching a team of "operational excellence" professionals to provide continuous improvement for a national insurance claims division. She has designed and facilitated coaching, leadership development and mentorship programs and provided one-on-one and group coaching and mentoring to numerous leaders and developing leaders. Deborah is a certified coach through the Coach Training Alliance and maintains a Juris Doctorate, Masters in Education, and numerous professional insurance designations. She enjoys traveling and has earned a Post-Graduate Diploma in Conflict and Dispute Resolution Studies from Trinity College in Dublin Ireland and a Certificate of Advanced Study and Training in Intercultural Negotiation, Mediation and Arbitration from Humboldt University in Berlin Germany.





### **Denis Paccot**

Life Coach

Denis has more than 4 years of life coaching experience, 4 years of experience as a consultant and more than 7 years of experience as a general manager of a small business. He is originally from Chile, where he studied engineering, and then Ontological life coaching at Newfield Network. Ontological Coaching is characterized by coaching to way of being, trying to understand how we have learned to live our life in order to challenge the learnings that are no longer useful for us. In the last 4 years, Denis has helped people and business teams from different backgrounds to understand themselves better and enjoy a better life. For him, Ontological life coaching has played a huge role in his personal journey, allowing him to understand himself better, face his fears and move out of his comfort zone to enjoy a more fulfilling life. During this period, Denis has developed a passion for life coaching that he wants to share with others. Besides life coaching, Denis enjoys other passions such as practicing sports, flying as a private pilot, playing music (piano and drums) and landscape photography.



### **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).



### **Eli Shur, Programming Committee Member, ICF CCC**

Leadership, Life and Wellness Coach

Eli is a doctorate student of Psychology with a focus on human performance, Board Certified Coach (BCC), Certified Life and Wellness Coach (CLC, WCS), Certified PeopleMap™ Coach, NLP Master Practitioner, Certified Elite Fitness Trainer, Certification in Applied Functional Science (CAFS), a Black Belt and instructor in the martial art of To-Shin Do, a member of the International Coach Federation (ICF), and a member of the programming committee of ICF Columbus. Eli enjoys reading personal development books, whole food plant-based cooking, hiking, martial arts and exercising.



### **Mark Stanifer**

Life, Career, and Faith Coach

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 men 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 identifying core values, finding margin, crafting a legacy, or just setting better goals, Dare 2 Live Coaching exists to help clients get unstuck, 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 as a certified coach.



### **Mary McLoughlin**

Direct Sales, Entrepreneurs Coach

Mary McLoughlin's passion for Helping Build Lives That Matter began over 25 years ago as she grew her multi-million dollar home based business. In 2008 she began chasing her true passion, coaching others to their own harmonious life and work. She works with corporate executives and entrepreneurs to create success with their personal gifts, talents, passions and resources. Mary excels in helping others create a clear path for the future they desire while clearing away the obstacles that hinder them, including the relational challenges of working within a team. She is a founding member of the John Maxwell team of coaches.



### **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.



### **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 has worked for DuPont, Cummins, Alcoa, Arthur Andersen, and as an independent consultant representing clients in various industries. 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).



### **Lucretia Talison, MBA, CPCC, ACC**

Certified Co-Active Coach

Lucretia Talison is a Certified Co-Active Coach who specializes in personal development, personal finance, time management, and goal setting. She has been coaching for over 10 years. Lucretia's mission is to sow seeds for success with direction and strategy.



### **Lynne Fuller Williams, PCC**

Business and Leadership Coach

Leadership and Management Development Specialist

Certified Ontological Coach, Newfield Network

Certified Leadership and Organizational Coach, Newfield Network

Lynne has worked with large organizations, small businesses, and individuals from all walks of life. Her commitment to producing "breakthrough results" through coaching, training, and consulting has been highly acclaimed by her clients. Lynne is committed to people living powerfully and producing the results they are committed to producing in every domain of life. Lynne served on the faculty of Otterbein College, Department of Communication from 1992 through 2007, where she taught programs in Leadership and in Human Communication and designed the Transformational Leadership Certificate Curriculum which she led for 15 years for the College. Lynne served as Senior Global Leadership Development Manager for Level 3 Communications and as an Organizational and Leadership Development Consultant at JPMorgan.



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

Leadership Coach

During her career as an active educator, Essie enjoyed a variety of assignments that included elementary and middle school teacher, guidance counselor, and staff-development specialist; after retirement, she served as a mentor principal, customer service specialist, assessment team leader, leadership coach for elementary and middle school administrators, consultant for private schools, member of the Ohio Department of Education's Fairness and Sensitivity Committee, researcher for the Ohio Department of Education, and a leadership coach with Coaching for Results, Inc.



### **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.



### **Jennifer Criswell, MBA**

Career and Life Coach

Jennifer has over 20 years of experience as human resources professional, speaker, trainer, facilitator and most recently as a professional coach. She combines her human resources and coaching experience to guide and bring change to her coaches. Making the transition from human resources to coaching is a "natural" for her. She is coach and founder of Mirror Coach and believes coaching "nurtures change based on truth which inspires, renews and re-energizes with vision, potential and opportunities for true reflection." Her areas of coaching are professional development, performance development, career, time management, life, spiritual, and military transition coaching for Veterans and military spouses. She is committed and confident that everyone doing the work can reach their true potential in all areas of their lives. Jennifer received her MBA and Bachelor of Administration degrees from Mount Vernon Nazarene University. She holds her Coaching Certification from The HR Coaching Institute. She holds her Six Sigma White Belt Certification for Human Resources. She is a member of International Coach Federation (ICF) along with being a member of the local ICF Chapter in Columbus.

# Benefits of Coaching

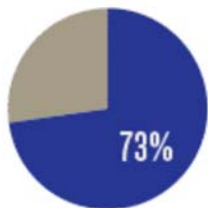
Individuals who engage in a coaching relationship can expect to experience fresh perspectives on personal challenges and opportunities, enhanced thinking and decision making skills, enhanced interpersonal effectiveness, and increased confidence in carrying out their chosen work and life roles. Consistent 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.

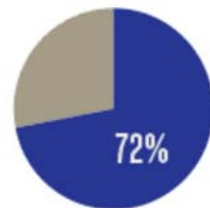
## Positive People



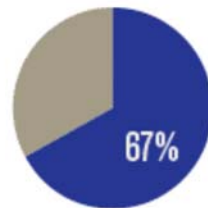
Improved Self-Confidence



Improved Relationships

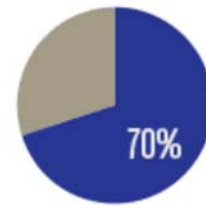


Improved Communication Skills

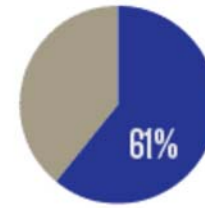


Improved Life/Work Balance

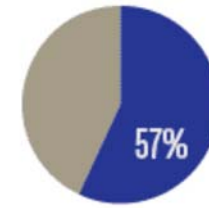
## Increased Productivity



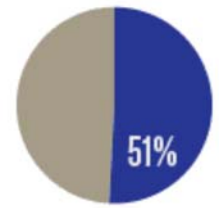
Improved Work Performance



Improved Business Management



Improved Time Management



Improved Team Effectiveness