

Coaching For Change

A Newsletter Valuing Change

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Merry Christmas and Happy New Year to You!



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*Helping clients
achieve outstanding
professional results*

You may have noticed that I've stopped sending my bi-monthly newsletter. But since I want to stay in touch, I thought I would send out this letter. Despite all the more modern, less expensive ways to stay connected, I'm conservative enough to want to stay in touch using the feel and charm of paper. I thought the holiday seasons would be a good time to let you know what interesting things I've learned or been up to this past year.

I'm a strong believer in what Henry Ford said about how learning helps us stay young.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." — Henry Ford

Here are some ways I've found to "stay young" this year:

- In September I went to the International Coach Federation conference in Las Vegas. I was very inspired by Steve Farber's keynote message that "not only do you have to love what you do, you have to love your clients, and have your clients love you!"

- I read a lot of great books this year; here are a few I recommend:

Switch: How to Change When Change is Hard by Dan Heath

Drive: The Surprising Truth About What Motivates Us by Daniel Pink

The Hunger Games: a young adult page turner by Suzanne Collins



- I updated my website. I enjoyed finding images that help explain what I do. I especially like this "live life" image. I got to live this dream by spending a wonderful sunny week in Waikiki this November.

- My most exciting technological purchase this year was my Scanscap s1500 printer/scanner. I attended the Washington State Bar Association Small and Solo firm conference at Ocean Shores in July at which the Scanscap was frequently recommended, and the first thing I did when I came home was buy it! It's been wonderful for helping me move my office to a paper less system. I loved scanning my conference notes and throwing away the hard copies.

- As some of you know, I volunteer at the Seattle Animal Shelter for the 9-Lives program. Recently, I started teaching "Shelter 101". This is the introductory course that anyone who wants to volunteer at the Shelter must take.

To do a better job at teaching this class I took their Dog Handling course. I was delighted to learn that to teach "bully" dogs (which, as you can imagine, the shelter gets a lot of), they use positive reinforcement techniques. Many of these dogs are untrained, and in order to find homes for them they need to learn manners. The best way to do that is using positive feedback and treats, not fear techniques. This works well in coaching too.

- I paid attention to a dream that motivated me to return to Weight Watchers in May. Weight Watchers is probably the first and best coaching experience I had in my early 20's. I guess I've always been attracted to accountability and positive reinforcement as a way to achieve goals. I'm very pleased to have lost over 15 lbs.

Imagine Joy and Learning

*What things did you learn this year
that got you excited?*