



PRESENTED BY
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JOIN US FEBRUARY 18, 2015 FOR OUR ANNUAL CONFERENCE
LEADING OURSELVES AND OTHERS FROM OVERWHELMED TO FLOURISHING
ALLSTREAM CENTRE | TORONTO, ON

Brigid Schulte Sharon Salzberg Melinda Sinclair Dorothy Greenaway Carlos Davidovich

Are the people you coach increasingly experiencing overwhelm in their personal and professional lives? Are these discussions beginning to dominate your coaching conversations? Are you becoming overwhelmed as a coach, leader, parent, human being?

This ONE-DAY INTERACTIVE LEARNING CONFERENCE

will help you understand the problem and its implications for coaching others, and show you ways to help you and those you coach to manage it.



Additionally, join us for a very special awards ceremony over lunch, our prestigious PRISM Awards, honouring organizations and coaches who have achieved a standard of excellence in the implementation of coaching programs for culture change, leadership development, productivity, and performance improvement.

WHO SHOULD ATTEND

Anyone interested in learning more about the ever-increasing phenomenon of feeling or being overwhelmed and its costs, and how to deal with it.

Anyone who coaches others, including credentialed and aspiring coaches (business, life career, executive/leadership), leaders and managers, educators who train coaches, HR/OD professionals and executives who hire coaches.

Anyone interested in learning from and networking with coaches, HR professionals and practitioners, T&D professionals and practitioners, organizational development professionals and practitioners, training professionals and practitioners, business leaders and business owners.

WHAT YOU WILL LEARN



Morning Keynotes

Award-winning journalist and best-selling author Brigid Schulte will explore the phenomenon of overwhelmed and its costs, and how and why it's critical to regain leisure and achieve "Flow", that time-out-of-time state that psychologists call peak human experience. Best selling author and leading meditation teacher Sharon Salzberg, will share her insights on meditation practice, with its emphasis on the strength of self compassion, the ability to begin again, and present moment awareness, as a powerful tool to combat overwhelm and build resilience.

Coaching Demonstration & Breakfast Session

Fuel up with breakfast and a powerful coaching presentation and demonstration, presented by Canadian Coaching Academy's Julie Anne Christoph and Gary Breininger.

Julie Anne and Gary will kick-start our conference by demonstrating the power a brief coaching session can have in our overwhelmed and time-pressed lives. They'll demonstrate how to effectively leverage the coaching competences in a 30-minute powerful coaching session. One lucky conference guest will have the opportunity to be coached during this presentation!

One more reason to get ahead of the traffic and settle in early for a delicious and dynamic start to the conference!



CANADIAN COACHING ACADEMY

6.75 CCEUs AVAILABLE



Afternoon Coaching Mastery Workshops

Melinda Sinclair and Dorothy Greenaway, internationally-recognized experts in coaching, coaching education and leadership development will lead the workshop: **How to Show Up when Overwhelm Shows Up: Skillful Attention Management in the Coaching Conversation**

In this workshop we look at three ways that overwhelm shows up in coaching:

- When the client shows up in a state of overwhelm
- When the topic of the coaching is overwhelm
- When the coach gets overwhelmed in the coaching conversation

Participants will walk away with practical tools, skills and practices to help direct and manage attention and energy during the coaching conversation.

Carlos Davidovich, MD, MBA and NeuroLeadership Expert, will lead the workshop: **Hearts, Guts & Minds: Understanding What Happens to Our Multiple Brains When We Are Overwhelmed and Implications For How We Coach.**

In this workshop we will focus on:

- How our different brains are involved when we feel overwhelmed.
- How to increase our level of awareness to recognize when we are overstressed (in distress).
- Resilience as a pathway in our brain; when and how to turn it on.

Participants will walk away with practical tips on how to keep stress at the right level, how to distinguish between positive and negative stress in our body, how we can help our clients manage stressful situations in their daily life.

SPEAKERS



Brigid Schulte
Journalist & Author

Brigid Schulte is an award-winning journalist for the Washington Post and author of the best seller, Overwhelmed: Work, Love, and Play When No One Has the Time.

She is also a fellow at the New America Foundation – and harried mother of two. Her journey began after a time-use researcher insisted that she, like all American women, had 30 hours of leisure each week. Stunned, she accepted his challenge to keep a time diary and began a journey that would take her from the depths of what she described as the "Time Confeetti" of her days to a conference in Paris with time researchers from around the world, to North Dakota, where academics are studying the modern love affair with "busyness," to Yale, where neuroscientists are finding that feeling overwhelmed is actually shrinking our brains.

Along the way, she was driven by two questions: Why are things the way they are, and how can they be better? She found real-world bright spots of

innovative workplaces and couples seeking to shift and share the division of labor at home and work more equitably. She also traveled to Denmark, where parents have more pure leisure time than parents in other industrial countries. She devoured research about the science of play, why it's what makes us human, and the feminist leisure research that explains why it's so hard for women to allow themselves to play. The answers she found are illuminating, perplexing and ultimately hopeful. Her book both outlines the structural and policy changes needed, and mines the latest human performance and motivation science to show the way out of the overwhelm and toward a state that time use researchers call "Time Serenity".



Sharon Salzberg
Meditation Teacher & Author

Sharon Salzberg has been a student of meditation since 1971, and has been leading meditation retreats worldwide since 1974. She teaches both intensive awareness practice (vipassana, or insight meditation) and the profound cultivation of loving-kindness and compassion (the Brahma Viharas).

Sharon's latest book is Real Happiness At Work: Meditations for Accomplishment, Achievement, and Peace, published by Workman Publishing. She is a regular contributor to The Huffington Post and is also the author of several other books, including the New York Times Best Seller Real Happiness: The Power of Meditation: A 28-Day Program (2010), Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier with Robert Thurman (2013), Faith: Trusting Your Own Deepest Experience (2002), and Lovingkindness: The Revolutionary Art of Happiness (1995).

Sharon is co-founder of the Insight Meditation Society (IMS) in Barre, Massachusetts. She has played a crucial role in bringing Asian meditation practices to the West. The ancient Buddhist practices of vipassana (mindfulness) and metta (loving-kindness) are the foundations of her work. "Each of us has a genuine capacity for love, forgiveness, wisdom and compassion. Meditation awakens these qualities so that we can discover for ourselves the unique happiness that is our birthright." For more information about Sharon, please visit: www.SharonSalzberg.com.



Melinda Sinclair
Executive & Leadership Coach

Melinda Sinclair and Dorothy Greenaway, are principals of PeopleDynamics Learning Group Inc., and authors of The Leadership Coach's Advantage: Guide for Practice.

They are internationally recognized experts in coaching, coach education and leadership development. They offer a range of programs for both new and experienced coaches. Their Coaching Advantage™ Series of programs are all approved for ICF CCEs. As well, their newest program, The Business Coaching Advantage Program™, is accredited by the Worldwide Association of Business Coaches. They have decades of experience as consultants, coaches and coach trainers/mentors, and both have been recognized for their coaching of several Prism Award winners.

Melinda Sinclair takes pleasure in distilling vast amounts of information and complex concepts into simple and practical frameworks, models and tools that can support leaders and coaches. She is one of

only a few coaches in the world to be awarded the Chartered Business Coach (ChBC) designation by the Worldwide Association of Business Coaches (WABC). She brings a lifetime of experience working and leading in knowledge-based environments to her work.

Dorothy Greenaway brings playful energy, insight and practical wisdom to her work as a coach, learning facilitator and curriculum designer. She was one of the first in Canada to receive the designation of Master Certified Coach (MCC) by the International Coach Federation (ICF). She started her own consulting, facilitation and coaching practice in 1990, after leaving a senior leadership role and twelve rewarding years in the educational publishing industry.



Dorothy Greenaway
Executive & Leadership Coach



Carlos Davidovich
NeuroLeadership Expert & Executive Coach

Carlos Davidovich has been coaching across a diversity of geographies (Argentina, UK, Luxembourg, Central Europe, Poland and USA) for more than 15 years, supporting the leadership development of individuals and management teams.

His expertise is focused on NeuroManagement and Neuro Leadership, drawing on his skills as a medical doctor and adapting the latest findings on how brain works to deliver insights to organizations and executives. Carlos heads the NeuroManagement Centre For Business at Optimum Talent. Over the

course of his career, he also gained management experience working for multinationals such as Hoffmann-La Roche, Pharmacia Corp/Pfizer. He currently lives in Toronto and teaches at the EMBA and Omnium EMBA at Rotman School of Management.

REGISTRATION INFORMATION

EARLY BIRD SPECIAL! SAVE \$75 BY REGISTERING BEFORE NOVEMBER 30th 2014.

ICF Toronto Chapter Members
\$250 +HST
Before November 30th 2014

General Admission
\$350 +HST
Before November 30th 2014

Corporate/group discounts available;
contact Susan Stitt @ susans@icftoronto.com

REGISTER NOW

THIS INTERACTIVE LEARNING EVENT WILL BE AN INVALUABLE EYE-OPENER INTO ONE OF THE BIGGEST CHALLENGES FACING THE MODERN WORKFORCE, AND WILL GIVE YOU THE UNDERSTANDING, TOOLS AND RESOURCES TO HELP YOU FACE IT. COME OUT AND LEARN, WHILE SUPPORTING YOUR LOCAL ICF CHAPTER AND MAKING VALUABLE INDUSTRY CONNECTIONS. PLEASE JOIN US ON FEBRUARY 18, 2015.