ALLSTREAM CENTRE | TORONTO, ON

JOIN US FEBRUARY 18, 2015 FOR OUR ANNUAL CONFERENCE LEADING OURSELVES AND OTHERS FROM OVERWHELMED TO FLOURISHING

THRIVE

From Overwhelmed

to Flourishing

Melinda Sinclair

Sharon Salzberg

coach, leader, parent, human being?

Dorothy Greenaway

PRESENTED BY

Carlos Davidovich

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

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



International Coach Federation

in the implementation of coaching programs for culture change, leadership development, productivity, and performance improvement.

Anyone interested in learning more about the ever-increasing phenomenon of feeling

WHO SHOULD ATTEND

or being overwhelmed and its costs, and

how to deal with it.

executives who hire coaches.

Anyone who coaches others, including

(business, life career, executive/leadership), leaders and managers, educators who train

credentialed and aspiring coaches

coaches, HR/OD professionals and

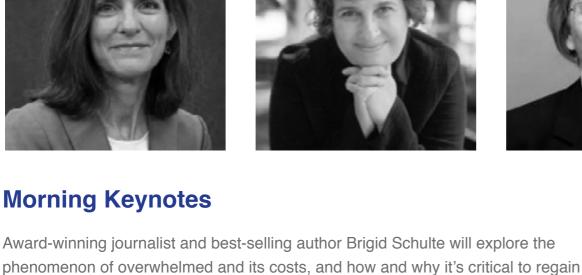
professionals and practitioners, training professionals and practitioners, business leaders and business owners.

Anyone interested in learning from and

networking with coaches, HR professionals and practitioners, T&D professionals and practitioners, organizational development

WHAT YOU WILL LEARN











the strength of self compassion, the ability to begin again, and present moment awareness, as a powerful tool to combat overwhelm and build resilience.

opportunity to be coached

during this presentation!

One more reason to

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 effective leverage the coaching competences in a 30-minute powerful coaching session. One lucky conference guest will have the

Fuel up with breakfast and a powerful coaching presentation and demonstration,

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 it's emphasis on

Coaching Demonstration & Breakfast Session

get ahead of the traffic COACHING and settle in early for a ACADEMY delicious and dynamic start to the conference!

•When the topic of the coaching is overwhelm •When the coach gets overwhelmed in the coaching conversation

•When the client shows up in a state of overwhelm

in the Coaching Conversation

overstress (in distress).

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

How to Show Up when Overwhelm Shows Up: Skilful Attention Management

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

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

•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

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,

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 Confetti" of her days to a conference in

Paris with time researchers from around the world.

to North Dakota, where academics are studying the

Why are things the way they are, and how can they

be better? She found real-world bright spots of

like all American women, had 30 hours of leisure

6.75 CCEUs AVAILABLE

CANADIAN



Sharon Salzberg

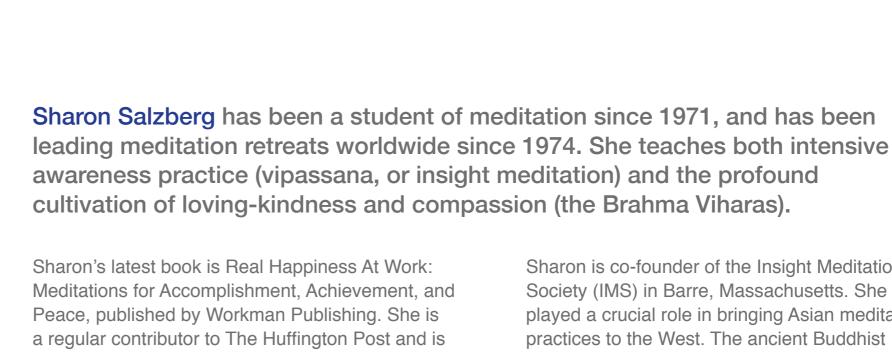
Meditation Teacher

& Author

book both outlines the structural and policy changes modern love affair with "busyness," to Yale, where neuroscientists are finding that feeling overwhelmed needed, and mines the latest human performance is actually shrinking our brains. and motivation science to show the way out of the overwhelm and toward a state that time use Along the way, she was driven by two questions:

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.



also the author of several other books, including

the New York Times Best Seller Real Happiness:

Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier with Robert

They are internationally recognized experts

in coaching, coach education and leadership

development. They offer a range of programs for

Advantage™ Series of programs are all approved

both new and experienced coaches. Their Coaching

The Power of Meditation: A 28-Day Program (2010),

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.

forgiveness, wisdom and compassion. Meditation

awakens these qualities so that we can discover for

"Each of us has a genuine capacity for love,

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

that explains why it's so hard for women to allow

themselves to play. The answers she found are

researchers call "Time Serenity".

illuminating, perplexing and ultimately hopeful. Her

makes us human, and the feminist leisure research



Melinda Sinclair Executive & Leadership Coach



Dorothy Greenaway

Executive & Leadership

& Executive Coach

Thurman (2013), Faith: Trusting Your Own Deepest ourselves the unique happiness that is our Experience (2002), and Lovingkindness: The birthright." For more information about Sharon, please visit: www.SharonSalzberg.com. Revolutionary Art of Happiness (1995).

Melinda Sinclair and Dorothy Greenaway, are principals of PeopleDynamics Learning

Group Inc., and authors of The Leadership Coach's Advantage: Guide for Practice.

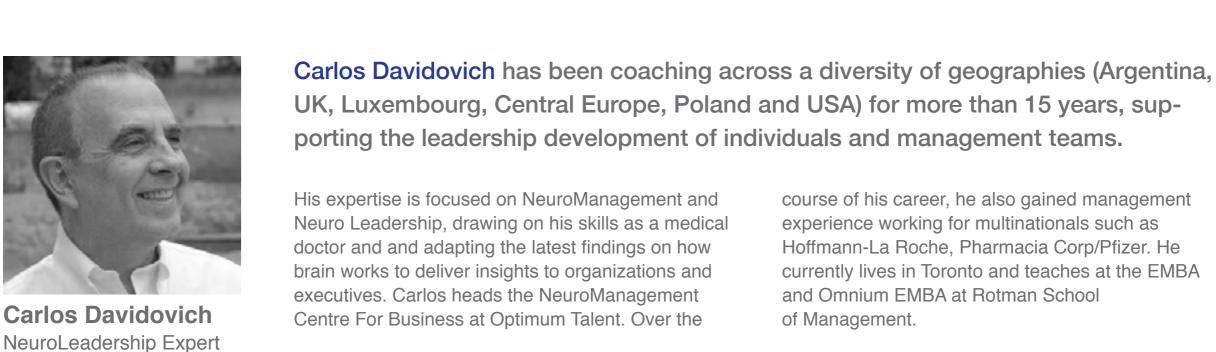
for ICF CCEs. As well, their newest program, The Business Coaching Advantage Program™, is accredited by the Worldwide Association of Business Coaches. They have decades of experience as consultants, coaches and coach trainers/mentors, and both have been recognized for their coaching of several Prism Award winners. Melinda Sinclair takes pleasure in distilling vast amounts of information and complex concepts into simple and practical frameworks, models and tools publishing industry. that can support leaders and coaches. She is one of

(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

only a few coaches in the world to be awarded the

Chartered Business Coach (ChBC) designation by

the Worldwide Association of Business Coaches



REGISTRATION INFORMATION

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

\$250 +HST Before November 30th 2014

ICF Toronto Chapter Members

General Admission

\$350 +HST Before November 30th 2014 Corporate/group discounts available; contact Susan Stitt @ susans@icftoronto.com