

GOOD CITIZENSHIP

Global Coaching Project Offers Guidance

(NAPSA)—To help people around the world get back in the game—whatever their game is—members of one non-profit association are donating their time as coaches for those affected by September 11 and subsequent events.

The International Coach Federation (ICF) has started a Global Pro-Bono Coaching Project to help people move forward in their lives by setting better goals, making better decisions and more fully using their natural strengths.

Coaches are experts in listening and working with people to find their optimal point of view or perspective and create strategies to support them in reaching their goals.

A coach works with people to identify, clarify and achieve goals—some individuals may want help in working on a life change or a career change. Others may want support in beginning a business or changing the focus of their business.

“People have lost jobs and businesses; they may want to re-evaluate their lives; they may want to explore other possibilities—and we can help. The worldwide coaching community can be part of the solution,” said Dr. Ira Dressner, past-president of the ICF New York City Chapter and Regional host of the Mid-Atlantic states.

People for whom an ICF coach may be helpful include:

- Individuals who no longer have a job or whose jobs have become untenable because of economic circumstances;
- Individual business professionals who face challenges maintaining their businesses;
- Individuals who now want to re-evaluate their lives and perhaps make significant changes; and
- Individuals who have worked in one career for a long period of time and now want to explore



Coaches can help with both life and business decisions.

other possibilities due to current world events.

“As the initial shock of the devastating events subsides, many people struggle to resume normal activities; moreover, to redefine what ‘normal’ means to them,” said Dressner.

“My coach and I are focusing on my personal and career goals and evaluating the best way to achieve them,” said Melissa Weissman, a New Jersey resident. “With this knowledge, I feel I will be better able to assess future opportunities and find the most fulfilling career path.”

Hundreds of ICF coaches from around the world have volunteered to provide up to two months of coaching for a maximum of two clients.

International Coach Federation is the largest worldwide non-profit professional association of personal and business coaches. ICF establishes and administers standards for credentialing professional coaches and coach training agencies.

For more information, visit www.coachfederation.org or to speak to ICF Executive Director Dan Martinage, call 1-888-423-3131.