

NEWSLETTER

June 2024

Dear Awesome Members,

We are pleased to introduce the latest edition of our monthly newsletter, a platform that plays a vital role in nurturing growth, learning, and collaboration within our coaching community. This newsletter serves as an indispensable resource for staying abreast of upcoming events, insightful articles, and member accomplishments.

During the previous month, we celebrated International Coaching Week with great enthusiasm. Our Learning Management vertical organized a panel discussion on "Navigating the Future: From Reaction to Reflection in Leadership" drawing participation from a significant number of ICF members worldwide and our Chapter members delivered impactful group coaching sessions at KServe BPO. Our Corporate Partnership vertical, we have signed a memorandum of understanding with VESIM to

extend pro bono coaching services to Management students.

Our Research & Publication Vertical took the initiation of DEIB exposure for Chapter coaches represents a new milestone. The inaugural session on "DEIB for Coaches – A PRIMER", with many more sessions planned for the near future. Same Vertical is releasing monthly newsletter, and we warmly invite you all to contribute articles, share your experiences, and engage with fellow members.

Our Chapter not only continues to expand in size but also offers a broader platform for participation, enabling us to collectively paint a captivating picture.

We extend our gratitude for your continued support and participation in our journey.

Sanjeev Bhatia
Secretary- ICF Mumbai Charter Chapter



Remembrance

ICF Mumbai Charter Chapter pays tribute to our colleague Pradeep Natarajan PCC, MGSCC, who left us suddenly on 6th may 2024. His untimely passing has left a deep void amongst us and the coaching fraternity.

He leaves so many memories of hard work, laughter and friendship in our hearts forever. RIP Pradeep and strength to your loved ones as they deal with this irreparable loss

Advanced Self-Awareness: Beyond Strengths and Weaknesses

By Tanaya Acharekar



As ICF-certified coaches, we understand that self-awareness is fundamental to effective coaching. However, to truly excel, we must explore beyond the familiar terrain of strengths and weaknesses. Here are advanced tools that can deepen our self-awareness and enhance our coaching practice.

a. Metacognitive Strategies

Metacognition, or thinking about thinking, involves reflecting on our cognitive processes. By regularly engaging in metacognitive practices, such as questioning our assumptions and evaluating our decision-making patterns, we can gain deeper insights into our thought processes. Tools like thought diaries or cognitive restructuring exercises can be particularly effective in developing this awareness.

b. Micro-Observation Techniques

Micro-observation involves paying attention to minute details in our behavior and interactions. By closely observing our body language, tone of

voice, and micro-expressions, we can uncover subtle patterns that reveal deeper emotional states and biases. Practicing this in real-time or reviewing recorded coaching sessions can be highly illuminating.

c. Narrative Coaching

Narrative coaching involves exploring and re-authoring the stories we tell ourselves. By examining our personal narratives and how they shape our identities and behaviors, we can gain profound insights into our inner world. Techniques such as story mapping and re-authoring can help in transforming limiting narratives into empowering ones.

By incorporating these advanced tools into our practice, we not only enhance our coaching effectiveness but also embark on a journey of continuous personal and professional growth. Let us explore these deeper layers of self-awareness to better serve our clients and enrich our own lives.

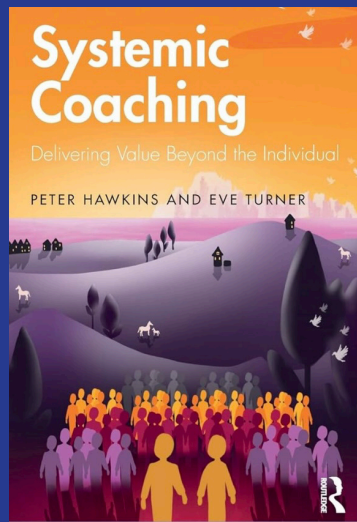
Research Update

In May, we finally got the first research collaboration under way at the Chapter. Our member, Nidhi Sharma, is spearheading a survey-based project on women returning to the workplace. With support from the R&P

vertical, we have the survey designed and ready to be rolled out with 500 women employees at prestigious public sector enterprise. Details will be shared in months to come as we begin to collect responses.

Book Review for the Month

By Vinod K Sharma



“Systemic Coaching: Delivering Value Beyond the Individual” is one of the classic books in coaching domain authored by Peter Hawkins and Eve Turner. This highly rated and well-reviewed book is split into 14 chapters, which

starts from the need for a new approach to coaching.

The book takes us to a revolution in coaching and covers topics like Developing Systemic Coaching, Multi Stakeholder contracting, Systemic Coaching process, different

approaches and tools in systemic coaching.

Each chapter of the book is further broken into small topics and in some cases addressing major question-answer format. There is a brief discussion on coaching disruptors like AI Coaching. This book is an excellent blend of a classic book and a practical handbook (from size as well as content point of view), which address topics like 21st century challenges in coaching, impact of urbanization, technology, digitalization, globalization, climate change and the need to learn and adapt faster.

The book has multiple diagrams/figures for better understanding of concepts and models. Towards the end of the book, there are chapters on Coaching supervision, team coaching and group coaching, which are emerging very fast in the coaching domain.

A big bonus in the book is the description of multiple models and tools required in the coaching process. Overall, it's a must-have book for all coaches, as it is unlikely to disappoint you from what it offers.



Gut Health and Stress Management: A Winning Combination for Coaches

By Devbrath Guha

In today's high-stakes world, coaches must stay at their best. Often overlooked, gut health can significantly impact a coach's effectiveness. The gut-brain axis, a communication system between the gut and brain, plays a crucial role in managing stress and overall well-being.

Chronic stress and antibiotics can disrupt the gut microbiota, leading to digestive issues and mood disorders. Take a good probiotic like Enterogermina or Vibact T when prescribed antibiotics. Incorporating nutrient-rich foods like bananas, curd, kale, gajar ki kanji, and raw

coconut can work wonders.

Bananas and mushrooms are great prebiotics, while yogurt is a superb probiotic—making a banana and yogurt combo excellent for gut health. The soluble fibre in oats and apples promotes nutrient absorption, while the insoluble fibre in vegetables aids regular bowel movements. Adding nuts, apples, and green tea as a mid-morning snack offers micronutrients, good fats, and fibre.

Nurture your gut—it's your second brain, and it will repay you with the clarity and calm needed to excel in your coaching sessions.

DEIB Update

June is going to be an action month from a DEIB perspective. On 12th June, we have the next DEIB CoP (Community of Practice) event...this time we look at how language is key in practicing sensitivity and understanding.

And we are super excited because the facilitators are our own Chapter members Nutan Navghare and Sarah Debusscher. We also have the quarterly Consult in June where every member can come and offer their views and perspectives on how the Chapter activities and mindset can be more DEIB friendly!

Look out for the time and date on the Consult coming soon.

International Coaching Week-2024



We hosted a panel discussion on May 18th 2024. We attracted participants worldwide, including Brazil, Canada, Dubai, Israel, Malaysia, Portugal, and the US. The event was a resounding success, showcasing the impact of global collaboration and our shared interest in advancing leadership.

The theme was "Navigating the Future: From Reaction to Reflection in Leadership." Our expert panelists, whose insights were invaluable, offered perspectives that resonated deeply with all of us. The issues discussed gave us much to reflect on and will undoubtedly shape the way we work with our clients at various levels.



New Credentials in the Month of April, 2024



Shweta Chadha
Awarded ACC
22 April, 2024



Srikanth Sarathy
Awarded PCC
25 April, 2024

Congratulations!
Shweta and Srikanth

Membership Update

Members as of May 31, 2024: **145**
Affiliates as of May 31, 2024: **76**
New joinees in May 2024: **5**

Join ICF Mumbai Charter Chapter today:
memberships.icfmumbaichapter@gmail.com

Individual & Team Coaching The Belbin Way

EQUIP TEAMS WITH THE
TECHNIQUE OF COLLABORATION

DATES & TIME

11th to 14th June 2024
2:30 pm to 6:00 pm



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**ONLINE BELBIN
ACCREDITATION COURSE**



"I am certified on a number of tools and am a certified Coach as well. BELBIN Team roles is one of the potent tools to build individual and team capacity. I have loved every bit of it and would highly recommend it's usage."

Nobita Rajagopalan, Co Founder and Director TACHUB

"Flexibility, caring, matured outlook, futuristic perspective, accommodative, forthcoming and above all authenticity is what I associate my experience with PrePearl. Both your knowledge, passion for the tool was so evident in the way the accreditation was conducted. The virtual accreditation was well planned, engaging and focused."

Om Prakash, Founder, Scalist

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