

GRADUATE YEAR BOOK GLOBAL PROGRAM

January-December, 2013

Showcasing our Graduate Coaches from Around the World



CEO WELCOME:

Welcome to this edition of the International Coach Academy Graduate Yearbook. Once again we bring you stunning work from an amazingly diverse group of professional coaches from all over the world.

2013 saw us launch our new look website www.CoachCampus.com which contains the Library where our graduates works are showcased and shared with the broader coaching community. We now have over 300 Coaching Models, Power Tools and Research Papers which not only serve as useful resources for the rest of the coaching community, they also promote the uniqueness of each one of our graduates. This body of works highlight the depth of talent there is within coaching and the prior skills and knowledge coaches bring with them to their new careers. Increasingly we are seeing people from all walks of life and all professions embrace coaching as a way of enhancing what they already do. Managers and HR professionals, trainers and psychologists, even yoga practitioners and real estate agents. A quick snapshot of some of the titles you can find in this publication remind us once again what a versatile and flexible career coaching is.



Sample Topics:

- How Cognitive Behavioral Therapy Can Benefit Coaching
- Growth Centered Coaching in Corporate Settings
- Coaching as a Portable Career Within Spiritual And Religious Structures
- A journey towards a Superior Persona
- Coaching and humor: a perfect match!
- Radiating Spheres of Influence
- How to Forgive through Coaching
- Using Toltec Wisdom in Coaching
- The Importance of Sadness to Growth
- More Women In Boardrooms Increases Organisation's Success
- Implications from Neuroscience to Coaching

It is with great pride that we showcase our wonderful graduates and I wish them well in their new coaching careers. Thanks again to everyone who helped in putting this publication together, I am already looking forward to our next edition.



Allison Sharpe



Ana Davičo



Ann Elliott



Anne Avento-Krapf



Bakhtiar Khawaja



Donna Agajanian



Donna Barnes



Erica A Carretero Dias



Boris Drizin



Carmen Philippe-Welton



Charles Kingsley



Christy Calbos



Christina Eder



Cindy Chen



Claudia Landini



Craig Hedge



Dina El Nahas



Dominika Farley



Franklin Cook



Halli Bourne



Hanan Ibrahim



Heidi Gottlieb



Ian McLean



Ingrid Remmery



Iris Hainstock



Jackeline Cobian



Jennifer "Jayde" Gilmore



Jie (Jane) Chen



Joanna Denise Ycasiano-Dejos



Judith Kovács



Juliana Barco



Justin Rayne Nash



Kalpana Patel



Karen Buckley



Kathryn Scanland



Kusha Kalra



Kylie Johnstone



Leila Youssef



Louise Talotta



Maria Isabel Valle Rivera



Mariam Sobh



Panagiota Aleksiou



Pauline Valvo



Pornthip Jakwichtamrong



Reham ElKammah



Rupika Bhargava



Shelina Wadiwala



Shyam Drury



Solveig Pedersen



Steve Gardner



Sumbo Ndi



Tamara Ocean



Ujjalendu Gupta



Catarina Brandao



Catarina Mendes



Christine Tanaka



Ami Cook



Anthony Zipple, Sc.D., MBA



Anja Unkel



Allen Scott Tafoya



Amanda Oparah



Barclay Schraff



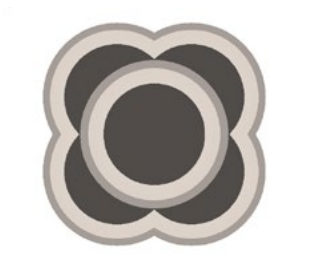
Brandy Morris



Darlene Schindel



Erick Albarracin



Sarah Rogers Nesper



Sid Andruska



Stacie Dickerson Cole



Wen Keat Neoh



Sherry Huang



Sybelle Gielisse



Teresa Shaffer



Theresa Custer



Wendy Costikyan



Yasmine Shahine



Elizabeth Wheeler



Olga Zalane



Moira Spence



Nisha Sharma



Ilim Guner



Jayanthi Hari



Kris Welsh



Lucie Patria



Monica Chiang



Karen Mortensen



Tiffany Manchester



Pamela Speder



Pujitha Silva



Marsha Sanders



Mel Kaario



Michelle Eiland



Shraddha Trasi



Claire Wong

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ALLISON SHARPE

Life and Relationship Coach, UNITED STATES

My memorable moment: was when I learned about the power of mindfulness. This coupled with being coached has allowed me to find peace in my life, and in turn help others.



COACHING PORTFOLIO

Power Tool: Mind FULL vs. Mindful

Coaching Model: Sort, Simplify, Love

Research Paper: Relationship Coaching:
What is it and how can it help me?

View Portfolio: [Coach/Allison-Sharpe](#)

Contact: www.allisonsharpe.com

ANA DAVIČO

Life Coach, SERBIA

My memorable moment: my very first teleclass, because it marked the beginning of an endeavor I'd wanted to undertake for a long time. But more than any one particular moment, it's the learning process. I truly enjoyed it.



COACHING PORTFOLIO

Power Tool: Dependence vs. Maturity

Coaching Model: The I Am Model

Research Paper: Coaching and Psychotherapy:
Boundaries and Interactions

View Portfolio: [Coach/Ana-Davičo](#)

Contact: [LinkedIn.com/pub/Ana-Davičo](https://www.linkedin.com/pub/Ana-Davičo)

ANN ELLIOTT

Executive Coach, THAILAND

My memorable moment: when I finished my first coaching session in Supervised and my trainer said "Good Coaching"



COACHING PORTFOLIO

Power Tool: Responding vs. Reacting

Coaching Model: Breakthrough Coaching Model

Research Paper: How Cognitive Behavioral Therapy Can Benefit Coaching

View Portfolio: [Coach/Ann-Elliott](#)

Contact: www.coachannelliott.com

ANNE AVENTO-KRAPF

Career & Leadership Coach, CHINA/ INDIA/ FINLAND

My memorable moment: was in peer coaching when I realized that flexibly following the one and same coaching process I've chosen really serves clients in very different situations.



COACHING PORTFOLIO

Power Tool: Stagnation vs. Continuous Action

Coaching Model: Marigold Coaching Model

Research Paper: Kaizen in Coaching

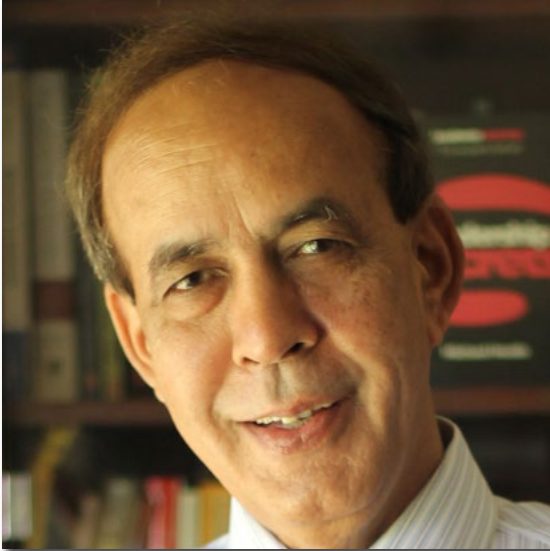
View Portfolio: [Coach/Anne-Avento-Krapf](#)

Contact: [LinkedIn.com/pub/Anne-Avento-Krapf](https://www.linkedin.com/pub/Anne-Avento-Krapf)

BAKHTIAR KHAWAJA

Executive Coach, PAKISTAN

My memorable moment: was when in a laser coaching session, I coached a lady for 15 minutes. I used visualization to help her reduce her anxiety in certain social situations. At the end of the session I was greatly moved to find that she was crying and was very thankful that she felt much better inside and her anxiety had reduced substantially.



COACHING PORTFOLIO

Power Tool: Grass is greener on the other side vs. My garden is unique and beautiful

Coaching Model: UPLOAD

Research Paper: Case Study: Coaching an aspiring Banker

View Portfolio: [Coach/Bakhtiar-Khawaja](#)

Contact: [LinkedIn.com/pub/Bakhtiar-Khawaja](https://www.linkedin.com/pub/Bakhtiar-Khawaja)

DONNA AGAJANIAN

Emotional Eating Coach, UNITED STATES

My memorable moment: it was really interesting to go back through all that I have learned and practiced over the last year and a half. A great exercise.



COACHING PORTFOLIO

Power Tool: Feeling vs. Suppressing: To feel or not to feel, that is the question

Coaching Model: The ARC of Change

Research Paper: Coaching and Emotional Eating

View Portfolio: [Coach/Donna-Agajanian](#)

Contact: [LinkedIn.com/pub/Donna-Agajanian](https://www.linkedin.com/pub/Donna-Agajanian)

DONNA BARNES

Loss and Healing Coach, UNITED STATES

My memorable moment: there were several - but one particularly was learning not to ask "WHY" because that is being judgmental in most cases.



COACHING PORTFOLIO

Power Tool: Denial vs. Acceptance

Coaching Model: H E A L I N G

Research Paper: Chemistry between
Coach and Client

View Portfolio: [Coach/Donna-Barnes](#)

Contact: www.coachingforlossandhealing.com

ERICA A CARRETERO DIAS

Transformational Life Coach, UNITED STATES

My memorable moment: I had several great moments at ICA, but one in particular was remarkable. I received during class a great testimony of one of my coach clients about how I helped her to transform her life deeply.



COACHING PORTFOLIO

Power Tool: Forgiveness vs. Resentment

Coaching Model: Rediscover your Uniqueness

Research Paper: How self-parenting can benefit
clients during the coaching process

View portfolio: [Coach/Erica-Carretero-Dias](#)

View contact: www.ericacarretero.com

BORIS DRIZIN

Executive and Business Coach, BRASIL

My memorable moment: the guideline: never assume what is good for my client. Let him find himself what is best for him.



COACHING PORTFOLIO

Power Tool: Courage vs. Fear

Coaching Model: Moving Forward

Research Paper: The Role of Critical Thinking and Reflection in the Process of Coaching Conversation

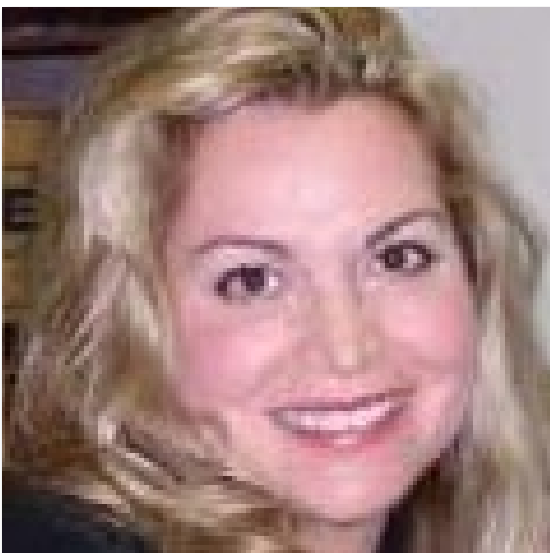
View Portfolio: [Coach/Boris-Drizin](#)

Contact: www.timingdesenvolvimento.com.br

CHRISTY CALBOS

Small Business and Wellness Coach, UNITED STATES

My memorable moment: passing my oral examination during Supervised Coaching.



COACHING PORTFOLIO

Power Tool: Helplessness vs. Resourcefulness

Coaching Model: G.R.E.A.T. A.C.T.S

Research Paper: Enhancing Goal Achievement with Self-Efficacy Coaching

View Portfolio: [Coach/Christy-Calbos](#)

Contact: www.christycalbos.com

CARMEN PHILIPPE-WELTON

Life Coach, CANADA

My memorable moment: I truly enjoyed working closely with my peers during the Supervised Coaching seminars. Meeting such warm and capable people from around the world was a truly unique learning experience for me.



COACHING PORTFOLIO

Power Tool: Reality vs. Fantasy

Coaching Model: Living a Life of Grace and Gratitude

Research Paper: Coaching and Nursing

View Portfolio: [Coach/Carmen-Philippe-Welton](#)

Contact: [LinkedIn.com/pub/Carmen-Philippe-Welton](#)

CHARLES KINGSLEY

Transformational Coach, UNITED KINGDOM

My memorable moment: the nervousness and the satisfaction I got the first time I actually coached in a Coaching Practicum.



COACHING PORTFOLIO

Power Tool: Mosaic vs. Polarity

Coaching Model: Organic Liberation

Research Paper: Thought Leadership Article: What is possible with transformational coaching in practice?

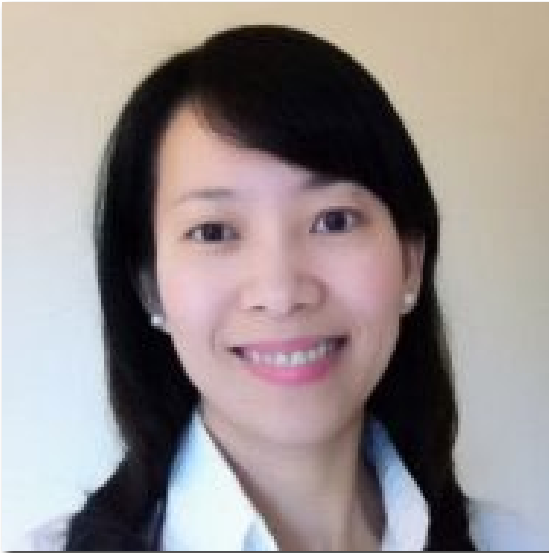
View Portfolio: [Coach/Charles-Kingsley](#)

Contact: [LinkedIn.com/pub/Charles-Kingsley](#)

CINDY CHEN

Executive and Career Coach, CHINA, CANADA

My memorable moment: there are so many memorable moments! Each and every session of Peer Coaching, Coaching Practicum and Supervised Coaching was a great learning! :)



COACHING PORTFOLIO

Power Tool: Nourish & Flourish

Coaching Model: GROWTH Coaching Model

Research Paper: Leader as Coach - Growth Centered Coaching in Corporate Settings

View Portfolio: [Coach/Cindy-Chen](#)

Contact: [LinkedIn.com/pub/Cindy-Chen](#)

CLAUDIA LANDINI

Cross-Cultural Coach, PALESTINIAN TERRITORY

My memorable moment: when I gave my oral exam while the house of my neighbours was being demolished in Jerusalem and my tutor gave me the best and warmest support.



COACHING PORTFOLIO

Power Tool: Sharing vs. Isolation

Coaching Model: Wherever Coaching Model

Research Paper: Coaching as a portable career

View Portfolio: [Coach/Claudia-Landini](#)

Contact: [www.expatswomenatwork.expatsclic.com](#)

CRAIG HEDGE

Work Life Balance Coach, AUSTRALIA

My memorable moment: seeing the power of being in the moment and the importance of that state of mind and seeking a healthy work life balance.



COACHING PORTFOLIO

Power Tool: Acknowledgement vs. Validation

Coaching Model: INSTINCT Coaching Model

Research Paper: Coaching As A Way Of Life Within Spiritual And Religious Structures

View Portfolio: [Coach/Craig-Hedge](#)

Contact: www.thecocreatorcoach.com

DINA EL NAHAS

Youth, Educators and Family Coach, EGYPT

My memorable moment: discovering more about myself and using the power of acknowledgment in my daily life.



COACHING PORTFOLIO

Power Tool: Are you Directed or Lost?

Coaching Model: Coach Express

Research Paper: A journey towards a Superior Persona

View portfolio: [Coach/Dina-El-Nahas](#)

View contact: www.dinaelnahascoaching.com

DOMINIKA FARLEY

Expat and Diversity Coach, POLAND

My memorable moment: my first shot at peer coaching was the most memorable moment for me at ICA. Thanks to that opportunity and encouraging feedback I felt that I can become a coach, that it is possible. And I did!



COACHING PORTFOLIO

Power Tool: Farming vs. Foraging

Coaching Model: Coach-Client Cooperation

Research Paper: Case Study: Finding True Calling

View Portfolio: [Coach/Dominika-Farley](#)

Contact: [LinkedIn.com/pub/Dominika-Farley](#)

FRANKLIN COOK

Grief and Recovery Coach, UNITED STATES

My memorable moment: when I was coaching a client who is dying, and I realized, "Hey, I'm just being his best friend."



COACHING PORTFOLIO

Power Tool: Time One vs. Times Two (T1 vs. T2)

Coaching Model: Personal Grief Coaching

Research Paper: Evidence for Effectiveness of Peer Support Substantiates Personal Grief Coaching Model

View Portfolio: [Coach/Franklin-Cook](#)

Contact: [www.bit.ly/copewithgrief](#)

HALLI BOURNE

Spiritual Coach, UNITED STATES

My memorable moment: was during my first coaching session during a class. I was filled with nerves, yet the others on the call were so supportive, my nerves were no obstacle! My intuition kicked in powerfully and my client made some profound discoveries in such a short time! This experience gave me so much confidence and validated the rightness of my choice to study life coaching. I am so grateful to ICA for all the tools I now use in my practice.



COACHING PORTFOLIO

Power Tool: Desire vs. Discipline

Coaching Model: True Self Actualization
Coaching Model

Research Paper: The Soul and Ego in
Spiritual Coaching

View Portfolio: [Coach/Halli-Bourne](#)

Contact: www.true-self-coaching.com

HANAN IBRAHIM

Youth and Parenting Coach, UNITED STATES

My memorable moment: when I realized Rumi statement; "I used to be smart and wanted to change the World, now I'm wise and I just want to change myself". Amazingly I discovered when I changed myself I changed MY world.



COACHING PORTFOLIO

Power Tool: Survival vs. Growth

Coaching Model: R.I.S.E. To Bloom

Research Paper: Culture, Faith and Research
for Identity

View Portfolio: [Coach/Hanan-Ibrahim](#)

Contact: hijul61@comcast.net

HEIDI GOTTLIEB

Cancer Survivor Life and Career Coach, UNITED STATES

My memorable moment: the day I became aware that coaching was about trust...trust in ourselves as coaches, and empowering our clients to trust themselves.



COACHING PORTFOLIO

Power Tool: In Control vs. Controlling

Coaching Model: EMPOWER

Research Paper: Don't Worry, Be Happy

View Portfolio: [Coach/Heidi-Gottlieb](#)

Contact: www.lifecoaching-matters.com

IAN MCLEAN

Life Transformation Coach, TRINIDAD AND TOBAGO

My memorable moment: my first time coaching under Supervised Coach. I was so nervous, but everything just flowed into place :)



COACHING PORTFOLIO

Power Tool: Purpose vs. Job

Coaching Model: IEDA - Coaching Model

Research Paper: Using Coaching to support
Organizational Transformation

View Portfolio: [Coach/Ian-McLean](#)

Contact: www.lifetransformation-coach.com

INGRID REMMERY

Executive Coach, CHINA

My memorable moment: during my first coaching practicum. Trainer, client and listeners acknowledged me for my 'high-energy-boosting-session'.



COACHING PORTFOLIO

Power Tool: Yes But vs. And

Coaching Model: The Salami Slicer Model

Research Paper: Coaching and humor:
a perfect match!

View Portfolio: [Coach/Ingrid-Remmery](#)

Contact: www.amasplus.be

IRIS HAINSTOCK

Retirement and Life Transition Coach, CANADA

My memorable moment: discovering what I positively DID NOT want to do and thus opened my eyes to my niche, my direction and my purpose.



COACHING PORTFOLIO

Power Tool: Resilience vs. Resignation

Coaching Model: Life Journey

Research Paper: Resilience Over 50

View Portfolio: [Coach/Iris-Hainstock](#)

Contact: www.boundlesshorizonscoaching.com

JACKELINE COBIAN

Marketing Coach, PERU

My memorable moment: meeting amazing coaches from all over the world.



COACHING PORTFOLIO

Power Tool: Giving Up vs. Persevering

Coaching Model: The SOCIAL model

Research Paper: Social Media For
The Coaching Profession

View Portfolio: [Coach/Jackeline-Cobian](#)

Contact: www.facebook.com/jackeline.cobian

JENNIFER "JAYDE" GILMORE

Career and Spiritual Coach, UNITED STATES

My memorable moment: during a laser coaching session, my client began to cry. I was so grateful to know that we were in a safe place, supported by the teacher and the other students, that she could cry and I could coach confident that I had done nothing wrong. It was a dramatic learning moment for me, both in terms of "real life" coaching and in the power of coaching and holding space.



COACHING PORTFOLIO

Power Tool: Fear of the Unknown vs.
Acceptance of Change

Coaching Model: Your Story

Research Paper: Project Management
and Coaching

View Portfolio: [Coach/Jennifer-Gilmore](#)

Contact: www.wingslifecoaching.com

JIE (JANE) CHEN

Executive Coach, CHINA

My memorable moment: I finished and successfully passed the last Supervised Coaching session during my summer holiday in Beijing. After the session, my 9-year old son and I climbed the Great Wall and he congratulated me with a big hug. What a day!!!



COACHING PORTFOLIO

Power Tool: Player vs. Pretender

Coaching Model: Connect Now, Clarify Why, Create New, Choose What, Commit & Go

Research Paper: Why is Coaching Important in Organization Change?

View Portfolio: [Coach/Jie-Chen](#)

Contact: cjdell@hotmail.com

JOANNA DENISE YCASIANO-DEJOS

Authentic Life Coach, PHILIPPINES

My memorable moment: realizing just how much I loved my Supervised Coaching class! What a shocker, since I was initially so stressed about it :)



COACHING PORTFOLIO

Power Tool: Is vs. Now

Coaching Model: Life on Play Model

Research Paper: Discovering Who the Real Client Is

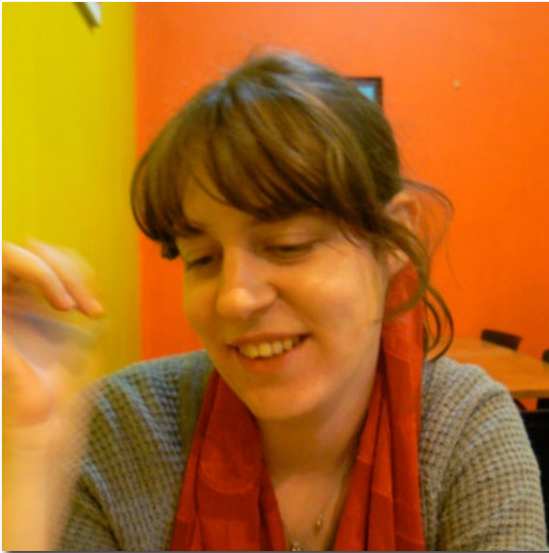
View Portfolio: [Coach/Joanna-Denise-Ycasiano-Dejos](#)

Contact: www.life-on-play.com

JUDITH KOVÁCS

Transition & Life Coach, GERMANY

My memorable moment: when everything started to fall into place.



COACHING PORTFOLIO

Power Tool: Conscious vs. Unconscious

Coaching Model: Living Passion

Research Paper: Emotional Intelligence & Coaching

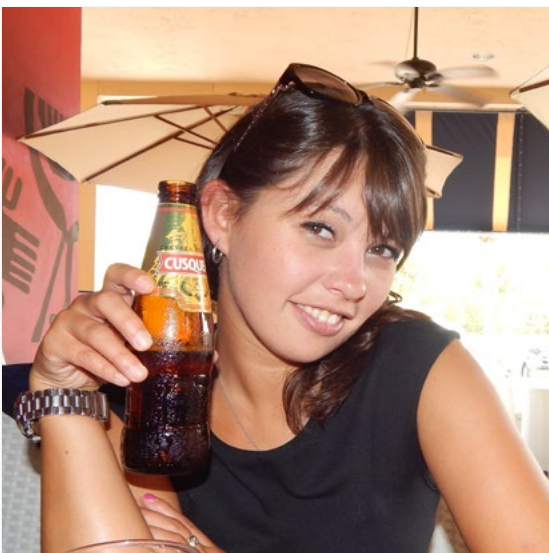
View Portfolio: [Coach/Judith-Kovács](#)

Contact: [LinkedIn.com/pub/Judit-Kovacs](#)

JULIANA BARCO

Life Coach, ITALY

My memorable moment: finding that my passion had a purpose bigger than what I had imagined.



COACHING PORTFOLIO

Power Tool: Intuition vs. Fake Beliefs

Coaching Model: L.I.P Love your Inner Power

Research Paper: Case study: Coming Out

View Portfolio: [Coach/Juliana-Barco](#)

Contact: [LinkedIn.com/pub/Juliana-Barco](#)

JUSTIN RAYNE NASH

Executive and Life Coach, INDIA

My memorable moment: "the FABULOUS Global community! The AMAZING new friends in the students and the faculty! And the SUPERB learning! What was also truly amazing was the different cultures, different perspectives, and the different places and spaces in life each were in, and came together on a common platform, to learn, share and teach. I guess there are so many moments, it's difficult to put them all down here in a sentence."



COACHING PORTFOLIO

Power Tool: Action vs. Inaction

Coaching Model: S.O.U.L Model of Coaching

Research Paper: The Highly Sensitive Person
- A Coaching Perspective

View Portfolio: [Coach/Justin-Rayne-Nash](#)

Contact: www.soulstarcoach.com

KALPANA PATEL

Relationship and Wellness Coach, UNITED STATES

My memorable moment: the one that I will never forget is my experience I had while I was attending the call "Create your coaching Model". One of my favorite instructors was teaching the class.



COACHING PORTFOLIO

Power Tool: Anger vs. Compassion

Coaching Model: "SAFE" Coaching Model

Research Paper: Case study "MAD"

View Portfolio: [Coach/Kalpana-Patel](#)

Contact: www.facebook.com/NextStepWithKalpana

KAREN BUCKLEY

Health and Wellness and Cross Cultural Coach, HONG KONG

My memorable moment: about 6 months into the course, i did my first Coaching Practicum. That was a real “ah ha” moment for me, as it was then i realised I could actually coach and I loved it.



COACHING PORTFOLIO

Power Tool: Belief vs. Doubt

Coaching Model: Strive Coaching Model

Research Paper: The expatriate spouse: a need for Coaching in the transition to a new country, a new culture and a new Life.

View Portfolio: [Coach/Karen-Buckley](#)

Contact: www.strivelifestylecoaching.com

KATHRYN SCANLAND

Executive and Leadership Coach, UNITED STATES

My memorable moment: hearing the perspectives and insights from participants around the globe representing a variety of cultures.



COACHING PORTFOLIO

Power Tool: Vulnerability vs. Strength

Coaching Model: Strengthening Leadership

Research Paper: Action Learning for Group Coaching

View Portfolio: [Coach/Kathryn-Scanland](#)

Contact: www.greystoneglobal.com

KUSHA KALRA

Life Coach, INDIA

My memorable moment: learning from people across the globe and making friends for a lifetime!!



COACHING PORTFOLIO

Power Tool: N/A

Coaching Model: N/A

Research Paper: The Journey Has Begun -
Wishing Happy Lives

View Portfolio: [Coach/Kusha-Kalra](#)

Contact: [LinkedIn.com/pub/Kusha-Kalra](#)

KYLIE JOHNSTONE

Health and Wellness Coach, AUSTRALIA

My memorable moment: I remember the first time I plucked up the courage to coach someone during our coaching Practicum Class. I was incredibly nervous and didn't know how I was going to be of any use to my client. I remember taking some deep breaths, and mentally committing myself to supporting the client's journey (getting out of the way!)



COACHING PORTFOLIO

Power Tool: Pressure vs. Flow

Coaching Model: MORPH Life Atlas

Research Paper: Radiating Spheres of Influence

View Portfolio: [Coach/Kylie-Johnstone](#)

Contact: [www.morphwellness.com](#)

LEILA YOUSSEF

Relationships and Dating Coach, SPAIN

My memorable moment: when I was able to coach my peers in Supervision and experience myself becoming a fantastic coach.



COACHING PORTFOLIO

Power Tool: Flowing vs. Resisting

Coaching Model: 5 Stages to unveiling the secret

Research Paper: The Benefit of Psychology
Training for Executive Coaches

View Portfolio: [Coach/Leila-Youssef](#)

Contact: www.leilayoussef.com

LOUISE TALOTTA

Corporate and Life Transition Coach, UNITED STATES

My memorable moment: I have had so many- they were the "firsts" that with so much support from the ICA staff, boosted my confidence and helped me believe that my dream of coaching could be a possibility.



COACHING PORTFOLIO

Power Tool: Quick Response vs. Catch and Question

Coaching Model: Bridge Light

Research Paper: Exploring the ROV of Coaching

View Portfolio: [Coach/Louise-Talotta](#)

Contact: [LinkedIn.com/pub/Louise-Talotta](https://www.linkedin.com/pub/Louise-Talotta)

MARIA ISABEL VALLE RIVERA

Executive and Expatriate Coach, BRUNEI

My memorable moment: learning with ICA allowed me to become the person I always wanted to be, to do the things I always dreamt about and to live a life I love. Making the decision to leave a successful leadership career to become a coach was a very daunting one, but with ICA I felt right at home from the start and felt that for the first time I "fitted".



COACHING PORTFOLIO

Power Tool: Leader vs. Victim

Coaching Model: Global Room Model

Research Paper: Successful Expat Assignments

View Portfolio: [Coach/Maria-Isabel-Valle Rivera](#)

Contact: www.isabelvalle.com

MARIAM SOBHY

Life Coach, EGYPT

My memorable moment: I learned 2 important things that I now live with it and I always use it in my coaching sessions with my clients: 1- What is the worse that could happen? 2- Feel the fear and do it anyway...don't step back....just go for it and do your best....all will come afterword.



COACHING PORTFOLIO

Power Tool: Full Bucket vs. Empty Bucket

Coaching Model: A.H.E.A.D

Research Paper: Yoga & Coaching

View Portfolio: [Coach/Mariam-Sobhy](#)

Contact: www.successsimple.com

PANAGIOTA ALEKSIU

Career Coach, GREECE

My memorable moment: sessions in Supervised Coaching classes with the trainers and magnificent coaches.



COACHING PORTFOLIO

Power Tool: Simple vs. Easy

Coaching Model: SIMPLE

Research Paper: Case Study - Getting Your Layoff

View Portfolio: [Coach/Panagiota-Aleksiou](#)

Contact: aleksiou.123@gmail.com

PAULINE VALVO

Relationship Coach, UNITED STATES

My memorable moment: the supportive experience of Supervised Coaching, when I had the chance to interact with and witness a small, cohesive group of fabulous coaches and be encouraged by a wonderful mentor.



COACHING PORTFOLIO

Power Tool: Shame vs. Worthiness

Coaching Model: CARE Coaching Model

Research Paper: Cultivating Vulnerability

View Portfolio: [Coach/Pauline-Valvo](#)

Contact: www.paulinevalvo.com

PORNTIP JAKWICHTAMRONG

Leadership Coach, THAILAND

My memorable moment: when I realized it was my choice to choose my perspective e.g. to take responsibility and not to blame (and that blame comes in various shapes and forms).



COACHING PORTFOLIO

Power Tool: Courage vs. Fear

Coaching Model: Coaching journey

Research Paper: Transformational Leadership Model in Coaching

View Portfolio: [Coach/Porntip-Jakwichtamrong](#)

Contact: www.ubercoach.net

REHAM ELKAMMAH

Parenting & Family Coach, EGYPT

My memorable moment: my first client feedback about how she looked positively to her self after discovering her potentials.



COACHING PORTFOLIO

Power Tool: Positivity vs. Negativity

Coaching Model: Eye Glasses

Research Paper: How to Forgive through Coaching

View Portfolio: [Coach/Reham-ElKammah](#)

Contact: [LinkedIn.com/pub/Reham-El-Kammah](https://www.linkedin.com/pub/Reham-El-Kammah)

RUPIKA BHARGAVA

Life Transformation and Parenting Coach, SINGAPORE

My memorable moment: having a peer coach through which I got the awareness of who I am.



COACHING PORTFOLIO

Power Tool: Simplicity vs. Complexity

Coaching Model: REAP - Recollect, Envision, Action and Positivity

Research Paper: Change your Belief Change your Life

View Portfolio: [Coach/Rupika-Bhargava](#)

Contact: [LinkedIn.com/pub/Rupika-Bhargava](https://www.linkedin.com/pub/Rupika-Bhargava)

SHELINA WADIWALA

Transformational & Life Transition Coach, UNITED KINGDOM

My memorable moment: a major 'Aha moment' in a class one day. This led me to research the Imposter Syndrome and write my paper on it.



COACHING PORTFOLIO

Power Tool: Power vs. Control

Coaching Model: The Sweet Spot

Research Paper: Thought Leadership Article - The Imposter Syndrome

View Portfolio: [Coach/Shelina-Wadiwala](#)

Contact: [LinkedIn.com/pub/Shelina-Wadiwala](https://www.linkedin.com/pub/Shelina-Wadiwala)

SOLVEIG PEDERSEN

Life Coach for Forces of Good & Changemakers Coach, UNITED STATES

My memorable moment: I can say that there have been a multitude of moments I have felt grateful for ICA and all of the lovely students, faculty, and staff. I'm thankful for all of you.



COACHING PORTFOLIO

Power Tool: Courage vs. Fear

Coaching Model: The Vibrant Coaching Model

Research Paper: Coaching and Intrapersonal Peace

View Portfolio: [Coach/Solveig-Pedersen](#)

Contact: <http://solandheart.com/>

STEVE GARDNER

Executive Coach, UNITED STATES

My memorable moment: as a client with my peer coach from the program, I confronted my tendency to allow perfectionism and analysis paralysis to slow my progress toward significant life goals. As a follow-up exercise, I developed a mini poster to help transform my thinking.



COACHING PORTFOLIO

Power Tool: Coachability vs. Learnability

Coaching Model: Premium Performance Coaching

Research Paper: Quality Coaching Employs
Critical Thinking

View Portfolio: [Coach/Steve-Gardner](#)

Contact: [LinkedIn.com/pub/Steve-Gardner](https://www.linkedin.com/pub/Steve-Gardner)

SUMBO NDI

Empowerment Coach, AUSTRALIA

My memorable moment: my time at ICA was memorable in many ways. The moment that I began to experience to power of coaching in my life and noticed a shift in my own perspective about different things was quite remarkable for me.



COACHING PORTFOLIO

Power Tool: Clarify to Succeed

Coaching Model: Clarity vs Ambiguity

Research Paper: Stop Your Stoppers

View Portfolio: [Coach/Sumbo-Ndi](#)

Contact: www.clarifytosucceed.com.au

TAMARA OCEAN

Life Coach, Executive Coach, UNITED STATES

My memorable moment: my first session with my first client. I was so incredibly nervous, but it went so well. Within a matter of minutes, it felt like the most natural thing in the world. I knew I had made a powerful choice to pursue a coaching practice, and was so grateful to be enrolled at ICA and moving toward this goal.



COACHING PORTFOLIO

Power Tool: Verifying vs. Assuming

Coaching Model: T.I.G.E.R.Coaching Model

Research Paper: 7 Tips for Coaching to Goals

View Portfolio: [Coach/Tamara-Ocean](#)

Contact: www.tamaraocean.com

UJJALENDU GUPTA

Business & Executive Coach, INDIA

My memorable moment: the “aha” moment was when I suddenly realised that coaching is not just a skill it is a lifestyle.



COACHING PORTFOLIO

Power Tool: Shareholders' Benefit vs. Customers' Benefit

Coaching Model: 7 Ps Business Coaching Model

Research Paper: Adopting a Lifestyle of Curiosity

View Portfolio: [Coach/Ujjalendu-Gupta](#)

Contact: www.smebusinesssolutions.co.in

CHRISTINA EDER

Spirituality Coach, UNITED STATES

My memorable moment: was during supervised coaching, one of my classmates had to coach me through the decision to put down our dog due to declining health. Because the news was so raw, I was barely able to talk to anyone, but that evening she coached me like a friend. Even though we had only known each other a week, she has periodically checked on me as a friend ever since Levi (dog) died.



COACHING PORTFOLIO

Power Tool: Halt vs. Push

Coaching Model: GRACE

Research Paper: Dream Mate Coaching

View Portfolio: [Coach/Christina-Eder](#)

Contact: dreamforyourlife@aol.com

ANTHONY ZIPPLE, SC.D., MBA

Executive Coach, UNITED STATES

My memorable moment: Supervised Coaching was a great experience. It finally allowed me to use my own voice as a coach.



COACHING PORTFOLIO

Power Tool: Courageous Realism AND Courageous Optimism

Coaching Model: Your Coaching Cycle: Achieving Success & Happiness In Your Life

Research Paper: Similarities and Differences Between Coaching and Therapy: Towards A Deeper Understanding of the Relationship

View Portfolio: [Coach/Anthony-Zipple](#)

Contact: [LinkedIn.com/pub/Anthony-Zipple](#)

ALLEN SCOTT TAFOYA

Dancing In The Truth Coach, UNITED STATES

Quote: "It is not that our attitude towards people and circumstances outside our self is unimportant, but that our attitude toward our self actually controls and determines how we will respond and interact with our surroundings"



COACHING PORTFOLIO

Power Tool: Affirmation of Self vs. Criticism of Self

Coaching Model: Dancing In The Truth

Research Paper: A Case for the Adoption of Coaching

View Portfolio: [Coach/Allen-Scott-Tafoya](#)

Contact: [LinkedIn.com/pub/Allen-Scott-Tafoya](#)

BARCLAY SCHRAFF

Health and Wellness Coach, UNITED STATES

My memorable moment: my first “aha” moment, thanks to my fantastic peer coach, really brought home the power of coaching to me.



COACHING PORTFOLIO

Power Tool: Potential vs. Limitations

Coaching Model: Elemental Wellness

Research Paper: The Intersection of Coaching and Positive Psychology

View Portfolio: [Coach/Barclay-Schraff](#)

Contact: www.elemental-wellness.com

ERICK ALBARRACIN

Health and Wellness Coach, UNITED STATES

Quote: “The Ongoing Thrive Coaching Model focuses on transforming the clients through an ongoing thrive learning experience, self-reflection and self-direction. The 11 factors of the Model are integrated to ensure the client’s transformation. Key factors of this coaching model are empathy and compassion”



COACHING PORTFOLIO

Power Tool: Compassion vs. Judgment

Coaching Model: The Ongoing Thrive Coaching Model (The OT Coaching Model)

Research Paper: The 10 Practices of Effective Coaching

View Portfolio: [Coach/Erick-Albarracin](#)

Contact: [LinkedIn.com/pub/Erick-Albarracin](https://www.linkedin.com/pub/Erick-Albarracin)

ILIM GUNER

Business Coach, TURKEY

Quote: "As coaches one of our most significant attribute is asking the right questions. So after I have started my coaching training I developed this habit of questioning myself. One of the questions I keep asking myself is what attracts me the most in coaching. My answer almost all the time is I am passionate about coaching as it creates the right platform for assisting people to feel good"



COACHING PORTFOLIO

Power Tool: Passion vs. Obligation

Coaching Model: Path to IDEAL Self

Research Paper: Using Toltec Wisdom in Coaching

View Portfolio: [Coach/Ilim-Guner](#)

Contact: [LinkedIn.com/pub/Ilim-Guner](#)

WENDY COSTIKYAN

Leadership Coach, UNITED KINGDOM

Quote: "Coaches will often encounter clients who are dealing with difficulties that cause them to despair. By recognising that we have all suffered from feelings of despair, a coach can bring powerful empathy to the situation as they support the client in moving from despair to hope"



COACHING PORTFOLIO

Power Tool: Hope vs. Despair

Coaching Model: SEAR Model

Research Paper: Starting and Building a Coaching Business -Insights from some Pros

View Portfolio: [Coach/Wendy-Costikyan](#)

Contact: [LinkedIn.com/pub/Wendy-Costikyan](#)

YASMINE SHAHINE

Life Coach, EGYPT

Quote: "Quit judging others, define your own life, live by your own values and beliefs, be confident and trust yourself. And while doing so, don't stop others from having these rights as well"



COACHING PORTFOLIO

Power Tool: Judgment vs. Acceptance

Coaching Model: The Goal Model

Research Paper: Self Confidence

View Portfolio: [Coach/Yasmine-Shahine](#)

Contact: [LinkedIn.com/pub/Yasmine-Shahine](#)

CATARINA BRANDAO

Transition Coach, CHINA

My memorable moment: in Coaching Practicum, the feeling of immense fulfillment and pure joy when a 'client' had a breakthrough. Hearing the feedback is extremely powerful and so important for the learning process.



COACHING PORTFOLIO

Power Tool: Coachability vs. Learnability

Coaching Model: Premium Performance Coaching

Research Paper: How to use coaching to become a super manager

View Portfolio: [Coach/Catarina-Brandao](#)

Contact: [www.unique-u.co](#)

MARSHA SANDERS

Business Coach, UNITED STATES

Quote: "Clients who come to coaching during periods of transition, especially career transition, may have underlying beliefs about money that limit their perceived options, which in turn may limit their possibilities"



COACHING PORTFOLIO

Power Tool: Law of Attraction vs. Limiting Beliefs

Coaching Model: Star Coaching Model

Research Paper: The importance of coaching in identifying underlying beliefs about money

View Portfolio: [Coach/Marsha-Sanders](#)

Contact: [LinkedIn.com/pub/Marsha-Gordon-Sanders](#)

MEL KAARIO

Executive and Life Coach For Men, CANADA

Quote: "I have an extensive and diverse entrepreneurial background having been part of everything from turbo charged startups growing from 3 to over 300 in just 4 years to running my own solo operation while having fun, learning a bunch and managing to make a buck. I've played major roles in sometimes chaotic startups in the area of sales and staff training while fostering fun, positive and encouraging environments"



COACHING PORTFOLIO

Power Tool: Orchestration vs. Discretion

Coaching Model: The Tree of Life

Research Paper: The Benefits of Building a Coaching Practice through the use of Trade and Barter

View Portfolio: [Coach/Mel-Kaario](#)

Contact: [LinkedIn.com/pub/Mel-Kaario](#)

SHYAM DRURY

Spiritual Coach, AUSTRALIA

My memorable moment: coaching in supervised and seeing the deep transformation that can occur in fifteen minutes, simply by being present.



COACHING PORTFOLIO

Power Tool: Clarity vs. Certainty

Coaching Model: Inner Answers

Research Paper: The Importance of Sadness to Growth

View Portfolio: [Coach/Shyam Drury](#)

Contact: www.facebook.com/InnerAnswers

MOIRA SPENCE

Leadership and Transition Coach, ITALY

My memorable moment: my first experience of peer coaching as a client was extraordinarily powerful. I was able to make some important shifts in my life as the result of these sessions. I still hold the memory of them and aim to bring the power of these sessions to every coaching session I give.



COACHING PORTFOLIO

Power Tool: Connecting vs. Comparing

Coaching Model: Labyrinth Coaching Model

Research Paper: The importance of Positive Psychology for Coaching

View Portfolio: [Coach/Moira-Spence](#)

Contact: www.moiraspence.com

PAMELA SPEDER

Leadership Coach, UNITED STATES

Quote: "Through my experience, I have found that helping clients identify who they are, what their purpose is, and what drives them is one of the most important aspects of coaching as it is the foundation, or "core", of who they want to be and where they want to go"



COACHING PORTFOLIO

Power Tool: Acceptance vs. Judgment

Coaching Model: DISCOVERY Coaching Model

Research Paper: Balance at the Core

View Portfolio: [Coach/Pamela-Speder](#)

Contact: [LinkedIn.com/pub/Pamela-Speder](#)

MICHELLE EILAND

Transitional Coach, UNITED STATES

Quote: "As the coach, my job is to help the client articulate that answer, in their way, and from there help hold them accountable (in a positive way) for implementing his or her idea"



COACHING PORTFOLIO

Power Tool: Self Discovery vs. Prescriptive

Coaching Model: The Excel Coaching Model

Research Paper: Transitioning from Contributor to Leader

View Portfolio: [Coach/Michelle-Eiland](#)

Contact: [LinkedIn.com/pub/Michelle-Eiland](#)

TERESA SHAFFER

Executive Coach, UNITED STATES

Quote: "One area where I coach high potential women is how to get the sponsorship and powerful backing necessary to accelerate and propel a woman's career forward"



COACHING PORTFOLIO

Power Tool: Empowerment vs. Discouragement

Coaching Model: Leadership Coaching Model for the Whole Person

Research Paper: More Women In Boardrooms
Increases Organisation's Success

View Portfolio: [Coach/Teresa-Shaffer](#)

Contact: www.shafferexecutivecoaching.com

SHRADDHA TRASI

Passion Coach, INDIA

Quote: "We often perceive ourselves in a derogatory manner or we underrate our skills & strengths. If perceive ourselves as beautiful individuals, if we make a habit of looking at all those of our qualities that make us feel grateful and thankful, we may achieve our goals much faster"



COACHING PORTFOLIO

Power Tool: Gratitude vs. Worry

Coaching Model: CLEAR Coaching Model

Research Paper: I Change

View Portfolio: [Coach/Shraddha-Trasi](#)

Contact: [LinkedIn.com/pub/Shraddha-A-Trasi](https://www.linkedin.com/pub/Shraddha-A-Trasi)

SARAH ROGERS NESPER

Life Coach, UNITED STATES

Quote: "In my transition to coaching, the challenge has been to "teach" bi-lateral stimulation over the phone, while being mindful of possibly accessing deeper unconscious material. In this last year I have focused on developing an EMDR protocol for Tele-coaching by teaching my clients to alternate tapping on their knees, which facilitates both hemispheres of the brain to integrate thoughts, emotions and a felt sense in the body"



COACHING PORTFOLIO

Power Tool: Dormancy vs. Growth

Coaching Model: Recipe for success

Research Paper: Using EMDR as a Coaching Modality

View Portfolio: [Coach/Sarah-Rogers-Nesper](#)

Contact: [Linkedin.com/pub/Sarah-Rogers-Nesper](#)

JAYANTHI HARI

Life and Business Coach, CANADA

Quote: "Coaching and yoga, when combined, can result in outcomes for the individual that integrate this mind, body and emotional awareness"



COACHING PORTFOLIO

Power Tool: Embracing vs. Resisting

Coaching Model: ALIGN coaching model

Research Paper: Yoga- A Complementary Approach to Coaching

View Portfolio: [Coach/Jayanthi-Hari](#)

Contact: [LinkedIn.com/pub/Jayanthi-Hari](#)

AMI COOK

Human Potential Coach, AUSTRALIA

Quote: "Active Listening lies at the very core of coaching, for without it all of the other skills are superfluous yet when it is achieved, accessing powerful questions can occur in the moment, almost effortlessly"



COACHING PORTFOLIO

Power Tool: Unresourceful vs. Empowered

Coaching Model: Coaching model for mothers group coaching sessions

Research Paper: Unravelling the Magic of the Coaching Conversation

View Portfolio: [Coach/Ami-Cook](#)

Contact: [LinkedIn.com/pub/Ami-Cook](#)

BRANDY MORRIS

Business Coach, CANADA

Quote: "I'm obsessed with your brilliance. Many of us are hiding, or can't even see, the most magnetic and unique aspects of ourselves. Should we stand out or fit in? The trick is allowing the bits of you that make your work like no other's shine in a way that separates you from the pack"



COACHING PORTFOLIO

Power Tool: Failure vs. Experience

Coaching Model: Illuminate Your Potential

Research Paper: Full Spectrum: The Place for Negative Emotion in a Positive World

View Portfolio: [Coach/Brandy-Morris](#)

Contact: [www.brandymorris.com](#)

DARLENE SCHINDEL

Health and Wellness Coach, CANADA

Quote: "My vision is to transform healthcare from the inside out. My mission is to support and inspire healthcare professionals one by one to lead where they stand, and be the change they KNOW and WANT to see"



COACHING PORTFOLIO

Power Tool: Resilience vs. Defeat

Coaching Model: The Mirror Coaching Model

Research Paper: The Power of Why.....
More Than a Three Letter Word

View Portfolio: [Coach/Darlene-Schindel](#)

Contact: www.nstep.ca

OLGA ZALANE

Life Coach, LATVIA

Quote: "Understanding our own values, mission, tastes, specific characteristics, knowing who we are incredibly increases the probability of following our inner calling and true self"



COACHING PORTFOLIO

Power Tool: Results vs. Process

Coaching Model: Iceberg Coaching Model

Research Paper: Reframing Self Perception

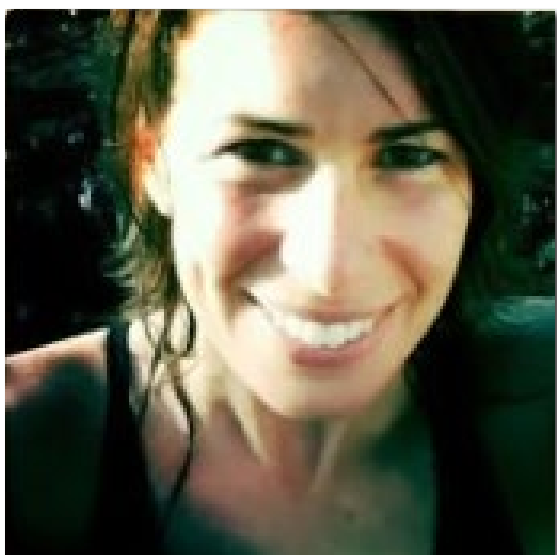
View Portfolio: [Coach/Olga-Zalane](#)

Contact: [LinkedIn.com/pub/Olga-Zalane](https://www.linkedin.com/pub/Olga-Zalane)

TIFFANY MANCHESTER

Relationship Coach for Men, UNITED STATES

Quote: "When working with a client who is ready to set goals, make decisions, or take action, work with them first to uncover any underlying reasons for the choices. This will deepen their awareness and allow them to re-frame perspective and alter the decision if need be, or move forward with more commitment to the decision"



COACHING PORTFOLIO

Power Tool: Truth vs. Fear

Coaching Model: The Power Play Coaching Model

Research Paper: Young Women Living Life in the Spotlight

View Portfolio: [Coach/Tiffany-Manchester](#)

Contact: www.tiffanymanchester.com

KRIS WELSH

Life Coach, AUSTRALIA

Quote: "Using Hypnosis along with coaching allows a practitioner to make quick changes to a client's behavior. So, for example in Coaching, if you have having trouble motivating a client then hypnosis can help you to give them a taste of progress. Even if sometimes people relapse, the initial sudden change can sometimes really help in proving to the client that change is possible"



COACHING PORTFOLIO

Power Tool: N/A

Coaching Model: N/A

Research Paper: Subconscious used in conjunction with Coaching

View Portfolio: [Coach/Kris-Welsh](#)

Contact: [Linkedin.com/pub/Kris-Welsh](https://www.linkedin.com/pub/Kris-Welsh)

SID ANDRUSKA

Transformational Life Coach, UNITED STATES

Quote: "When I heard the sales pitch "We have big plans for you something felt different. I had an inescapable desire to save myself. A voice screaming Run! Should I kept by my corporate masters? Or become a superhero and save myself from the saboteur within? When I heard my inner Superhero at that moment, I realized I had been hearing her all along"



COACHING PORTFOLIO

Power Tool: Superhero vs. Saboteur

Coaching Model: I-SELF Coaching Model

Research Paper: Law of Attraction:
Manifesting an Abundant Coaching Session

View Portfolio: [Coach/Sid-Andruska](#)

Contact: [LinkedIn.com/pub/Sid-Andruska](#)

SYBELLE GIELISSE

Executive Coach, NETHERLANDS

Quote: "Great leaders we see around us are great because they follow their own pathway, they know who they are and they are on their journey of greater self-awareness. Being a great leader is not following someone else but simply knowing yourself!"



COACHING PORTFOLIO

Power Tool: Underlying Beliefs vs. Intuition

Coaching Model: The Transformational Wheel

Research Paper: How Coaching Skills Can
Develop New Leadership Styles

View Portfolio: [Coach/Sybelle-Gielisse](#)

Contact: [LinkedIn.com/pub/Sybelle-Gielisse](#)

WEN KEAT NEOH

Life Coach, SINGAPORE

Quote: "Everyone is unique in their own way. Although we all share the same beginning of life at birth and the end of life at death, but what matters most is what lies in between that is defined as our journey of life"



COACHING PORTFOLIO

Power Tool: Unique vs. Imperfection

Coaching Model: Neoh Wen Keat Coaching Model

Research Paper: Cultivating a Good Life

View Portfolio: [Coach/Wen-Keat-Neoh](#)

Contact: [LinkedIn.com/pub/Wen-Keat-Neoh](#)

AMANDA OPARAH

Relationship Coach, UNITED KINGDOM

Quote: "Our coach approach is to work with the client to trace their thoughts, feelings, and behaviors (i.e. "fruits") through a tree of life in order to uncover the "consciously chosen" and "unconsciously learned" values (tree trunk), and any underlying limiting beliefs (roots) that the client possesses"



COACHING PORTFOLIO

Power Tool: Fruits vs. Roots

Coaching Model: Jigsaw Coaching Model

Research Paper: The Role of Self Love In
Relationship Coaching

View Portfolio: [Coach/Amanda-Oparah](#)

Contact: [LinkedIn.com/pub/Amanda-Oparah](#)

LUCIE PATRIA

Executive Coach, CHINA

Quote: "In the coaching relationship, the coach is in charge of the process. Its choice of words, explicit as implicit, is key to build a safe and trust zone, ensure the quality of connection and challenge a coachee in its ways of thinking and towards change"



COACHING PORTFOLIO

Power Tool: Connecting vs. Struggling

Coaching Model: The Debottlenecking Model

Research Paper: NonViolent Communication

View Portfolio: [Coach/Lucie-Patria](#)

Contact: [LinkedIn.com/pub/Lucie-Patria](#)

KAREN MORTENSEN

Life and Executive Coach, CHILE

My memorable moment: from the moment I got on the very first call and felt the powerful energy in the classroom, I was deeply convinced that I was on the right path



COACHING PORTFOLIO

Power Tool: Optimism vs. Pessimism

Coaching Model: The Shooting Star Coaching Model

Research Paper: Affirmations as a Coaching Tool

View Portfolio: [Coach/Karen-Mortensen](#)

Contact: [LinkedIn.com/pub/Karen-Mortensen](#)

ELIZABETH WHEELER

Management Coach, UNITED STATES

Quote: "The hardest thing for me when I started coaching was to trust the process to work. It's tempting to have an agenda, try to predict where things need to go, or go into problem solving mode for the client. I learned to stay in a coach role and let the client do the work they needed to do at their own pace"



COACHING PORTFOLIO

Power Tool: Identity vs. Character

Coaching Model: GEMS Coaching Model

Research Paper: Unexpected Results from Coaching

View Portfolio: [Coach/Elizabeth-Wheeler](#)

Contact: erawheeler@gmail.com

THERESA CUSTER

Leadership and Business Coach, UNITED STATES

Quote: "I have been in the business of managing people for most of my working life, some twenty plus years. I had worked with people for years and always prided myself in being a fairly good manager, establishing relationships and motivating people, so why not coach? After coaching for two years now and participating in the ICA studies, I've had a complete epiphany and turnaround in my behavior and way of thinking. I've realized that I spent years of telling and not teaching"



COACHING PORTFOLIO

Power Tool: Conflict vs. Opportunity

Coaching Model: The Iris Coaching Model

Research Paper: Telling, Teaching or Coaching? Personal development through coaching.

View Portfolio: [Coach/Theresa-Custer](#)

Contact: www.livingasaleader.com

MONICA CHIANG

Teen Coach, CANADA

Quote: "In today's society, youths face a number of issues. These issues consist of self-image, anger, gender equality, depression, lack of confidence, stress, alcohol, and drug abuse, just name a few. A professional life coach can help guide the teen to think and behave in a self-serving manner"



COACHING PORTFOLIO

Power Tool: Resentment vs. Forgiveness

Coaching Model: DSAAF Coaching Model

Research Paper: Coaching For Teens

View Portfolio: [Coach/Monica-Chiang](#)

Contact: [LinkedIn.com/pub/Monica-Chiang](#)

SHERRY HUANG

Life Coach, CHINA

My memorable moment: in one of my first classes, one student said taking classes was like talking to her soul mate. I had the exact same feeling after a few classes.



COACHING PORTFOLIO

Power Tool: Observation vs. Evaluation

Coaching Model: Fly Coaching Model

Research Paper: Divorce Coaching for Women - an opportunity to inspire a life transformation

View Portfolio: [Coach/Sherry-Huang](#)

Contact: [LinkedIn.com/pub/Sherry-Huang](#)

STACIE DICKERSON COLE

Health and Wellness Coach, UNITED STATES

Quote: "How does a coaching approach compare with personal trainers and nutrition counselors for solving a woman's most common weight loss challenges? From a coaching perspective, it is not right or wrong to be overweight. However, for the client whose stated goal is to lose weight, a coach may be the most valuable player in their line-up of professionals"



COACHING PORTFOLIO

Power Tool: Priority vs. Insignificance

Coaching Model: The Missing Link Coaching Model

Research Paper: Weight loss in women - compare coach approach, personal trainers and nutrition counsellors

View Portfolio: [Coach/Stacie-Dickerson-Cole](#)

Contact: www.hliwconnect.com

ANJA UNKEL

Life Coach, GERMANY

Quote: "To know what we want to get away from is often the first step into change. It triggers the desire to change. But finding out, where we want to go towards to from there is the step, that brings us into the control of the change"



COACHING PORTFOLIO

Power Tool: Going Towards vs. Getting Away From

Coaching Model: Just Be and Light Up Coaching Model

Research Paper: Implications from Neuroscience to Coaching

View Portfolio: [Coach/Anja-Unkel](#)

Contact: [Linkedin.com/pub/Anja-Unkel](https://www.linkedin.com/pub/Anja-Unkel)

PUJITHA SILVA

Life Coach, AUSTRALIA

My memorable moment: when a forum post on starting “a coaches without borders” concept gathered momentum and got more than 300 views.



COACHING PORTFOLIO

Power Tool: Source vs. Sink

Coaching Model: P3 GROWTHS Coaching Model

Research Paper: Towards Success in Higher Education in Engineering and Technology: A coaching approach to develop holistic graduates

View Portfolio: [Coach/Pujitha-Silva](#)

Contact: www.full-life.com

CATARINA MENDES

Life Coach, PORTUGAL

My memorable moment: was to be able to coach/be coached by people from all over the world.



COACHING PORTFOLIO

Power Tool: Reactive Mode vs. Active Mode

Coaching Model: The 6C Coaching Model

Research Paper: How to reduce stress and create a productive meaningful life

View Portfolio: [Coach/Catarina-Mendes](#)

Contact: [LinkedIn.com/pub/Kate-Mendes](https://www.linkedin.com/pub/Kate-Mendes)

CHRISTINE TANAKA

Sales Coach, UNITED STATES

Quote: "Just let it fly with a never ending supply! Practicing discernment. Following your internal guidance system, following your intuition and saying yes to receiving more guidance and information"



COACHING PORTFOLIO

Power Tool: BS vs. Bullseye

Coaching Model: The butterfly Coaching Model

Research Paper: Choosing Your Niche and The Benefits of a Laser Coaching Practice

View Portfolio: [Coach/Christine-Tanaka](#)

Contact: [LinkedIn.com/pub/Christine-Tanaka](#)

NISHA SHARMA

Life Coach, UNITED KINGDOM

Quote: "Our background and culture can influence our decisions, thought process and perspective in life. Coaching my family has been extremely valuable to me and has helped me to appreciate my cultural heritage. It really has allowed me to consider and explore different avenues of coaching in different cultures and even family coaching as a possible niche"



COACHING PORTFOLIO

Power Tool: Loving Yourself vs. Loving Others

Coaching Model: The Coaching Chakra Model

Research Paper: The Cultural Impact on Coaching an Indian Family

View Portfolio: [Coach/Nisha-Sharma](#)

Contact: [LinkedIn.com/pub/Nisha-Sharma](#)

CLAIRE WONG

Executive Coach, UNITED STATES

My memorable moment: when I realized that my unique style of coaching has evolved and it was acknowledged at a Coaching Practicum session by one of the leading trainers.



COACHING PORTFOLIO

Power Tool: Attending vs. Neglecting

Coaching Model: I.A.C.T Coaching Model

Research Paper: Coaching Organizational Change: Supporting Transitions

View Portfolio: [Coach/Claire-Wong](#)

Contact: [LinkedIn.com/pub/Claire-Wong](#)

*Graduated in July 2012