



# Professional Coaching

*Sign up today to secure a FREE 30-minute coaching session!  
Limited to 20 spaces.*

Do you have a real workplace or organizational issue you would like to discuss with a coach? What is a question, issue or developmental goal that you want to explore?

**UBC Continuing Studies is pleased to offer you the opportunity to be coached by one of our Organizational Coaching students as part of their final capstone.**

The intent of the coaching capstone session is for students to demonstrate the International Coach Federation (ICF) core competencies learned during the 8-month UBC Certificate in Organizational Coaching program.

Bring a workplace issue you want to explore and work with a coach for 30 minutes.

For example;

- ✓ I have been in my career for a number of years and I am ready for a transition. How do I gain clarity to help prepare for a career change?
- ✓ My organization is in the process of merging and my role is unclear or precarious. How do I navigate this period of transition and have the courageous and strategic conversations that are needed?
- ✓ I am struggling to find balance between work and family obligations. How can I create more balance and fulfillment in my life? Where do I start?
- ✓ There is a growing demand to increase results in my organization. How can I be effective to manage my team and help them meet important deadlines?
- ✓ My team wants to be effective and efficient at making decisions in our meetings? What role can I play as a leader to better support them? What are my leadership competencies?

**Time commitment:** Approximately one hour. Please arrive on time.

- 10 minute introduction with your coach
- 30 minute coaching session
- 15 minute debrief with our panel

**When:** Thursday, April 30 appointment: 10:15am | 11:35am | 2:00pm | 3:20pm  
Friday, May 1, 2015 appointments: 8:30am | 9:50am | 11:10am | 1:45pm

**Where:** UBC Robson Square, 800 Robson St, Rm 1.800. Vancouver (Robson between Howe & Hornby)

**Confidentiality:** You will be coached in front of 3 panel members and 5+ student observers. To comply with the [International Coach Federation Code of Ethics](#), the coaching sessions will adhere to the strictest levels of confidentiality. While the coaching session will be audio recorded for the purpose of ongoing program accreditation and feedback to the Learner Coach, all coaching remains private and confidential.

**Book your appointment today!** If you have questions or would like to schedule a coaching session contact:  
Leslie Savage - T: 604.827.5450 | E: [leslie.savage@ubc.ca](mailto:leslie.savage@ubc.ca)

**Sign up by Wednesday, April 22<sup>nd</sup>, 2015**