

Novo Coaching

“Stop worrying about the potholes in the road and celebrate the journey!” - B. Hoffman

Australia's Trusted Christian Coaching Catalysts

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Celebrate Progress

When was the last time you celebrated something? Last month? Last week?

Celebration is an important part of goal setting and goal achieving. It's also a valuable tool for the coach.

Celebrating in the coaching context means setting aside time to *reflect*, *reward* and *recommit* to positive growth.

☀ **Reflect** - Reflection is the intentional and thoughtful remembering of the past to discover progress made, insights discovered and skills that have been learned. In our future oriented culture, we often forget or fail to even notice the progress we've made. Even "failures" provide legitimate sources of things to celebrate (e.g. lessons learned the about what not-to-do, taking risks builds momentum for change, etc.) Reflection helps us mine our past for treasures we can bring forward.

☀ **Reward** - Celebrations are frequently built around some kind of reward. Rewards may be tangible such as gifts, a token of achievement or a shared meal. They can also be intangible such as affirmation, praise or simply a sense of inner satisfaction that comes from recognizing growth. A coach can either be the source of a reward or the catalyst for the coachee to set up their own reward.

☀ **Recommit** - Interestingly, even though celebrations focus on the past, they

powerfully fuel goal achieving in the future. Celebrations magnify the positive feelings associated with making progress. This, in turn, fuels a renewed commitment to growth and action.

So what are you waiting for? Celebrate the growth that has occurred and recommit to ongoing progress.



Following Our Own Advice... Yeah 2010!

In the spirit of the previous article, we at Novo are celebrating a successful and productive 2010. Not surprisingly, connecting with and serving outstanding people like yourselves continues to be the highlight and motivation for us at Novo Coaching. What we talk about and remember most are the many "A-ha" moments we've shared with you. Similarly, hearing how many of you have taken what you've learned and applied them in your contexts gives us great satisfaction and helps us learn even more about coaching and its effectiveness.

We're also proud of the accomplishment of designing and delivering 3 new workshops and refining both our first workshop and the Coaching Foundations Course. We've also made significant headway in strategic partnerships with Open Door Coaching, ACOM and Fuller Theological Seminary which enable us to offer coaching training for credit in multiple forms (e.g. ICF, Cert IV, Diploma).



Dates for 2011

Slowly but surely key Novo Coaching workshop dates are populating 2011. Given the solid groundwork we've made in 2010, we expect 2011 to be our most active yet.

Check our website for the most current information, but here are some key dates for 2011 in Melbourne:

- ☀ **Mar 1** • Novo Graduation Night
- ☀ **Mar 10** • Workshop #1
- ☀ **Jun 16** • Workshop #2
- ☀ **Aug 1-5** • Foundations Course (Cert IV)
- ☀ **Sep 8** • Workshop #3
- ☀ **Nov 17** • Workshop #4
- ☀ **Nov (TBA)** • Diploma
- ☀ Saturday workshops and non-Victorian workshops are also in the works!

Visit www.novocoaching.com.au for more information.



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