

# NPCA



Nevada Professional Coaches Association



## NPCA Newsletter

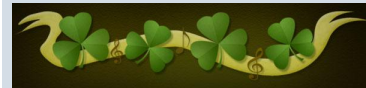
March 2009

Dear Kit,



In order to build a strong, vibrant coaching community in Nevada, the Executive Committee (EC) has developed a strategic plan for 2009-2010. The areas of focus are **Leadership Development, Membership Development, Program Development, Community Involvement and Financial Management Practices**. The plan includes ambitious goals to drive the organization forward in each of these areas and the NPCA Leadership is committed to achieving these initiatives. The hope of the EC is that we will find member volunteer to

### March Meetings



#### Southern Chapter

Friday, March 20, 2009

11:15 a.m.-1 p.m.

McCormick & Schmick's

\$25 members

\$30 non-members

RSVP by March 18 to:

[askcoachdave@cox.net](mailto:askcoachdave@cox.net).

support each of the initiatives, so that we all can enjoy and benefit from a thriving coaching community in Nevada. Please let us know if you would like to bring your unique talents to bear in working on any of the initiatives from the plan. Thank you for your enthusiasm. Have a great month!

Thanks for your help,  
Sean Burns

NPCA President, 2009-2010

## In This Issue

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### **Congratulations**

## Journey to Publication

If you've thought about writing a book, maybe even written one but are wondering how to get it published, you'll want to join us at the Southern Nevada NPCA chapter meeting on March 20 when Las Vegas coach Betty Mahalik, PCC will discuss her journey to publication of **Living a Five Star Life**.



Betty's book was released in January by Simple Truths ([www.simpletruths.com](http://www.simpletruths.com)), a publisher specializing in inspirational and gift books. The hardcover book features a collection of Betty's weekly motivational Monday Morning Coach messages, along with inspirational quotes and beautiful photographs.

### **Northern Chapter**

**Monday, March 30, 2009**

**11:30 a.m.**

**Austin's Restaurant**

**RSVP to:**

[Laura@courageousbe.com](mailto:Laura@courageousbe.com)

[\*\*International Coach Federation\*\*](#)



Join Our Mailing List!

During her NPCA presentation Betty will share ideas and information on:

- How she wrote the book
- How she located the publisher
- The editorial process
- Things to consider when considering publication
- Plus, tips on how to "prime the creative pump"

The March 20 meeting takes place at McCormick & Schmick's restaurant, with networking and registration at 11:15, followed by lunch and the program from 11:30-1 p.m.

Lunch is \$25 for members, \$30 for non-members, payable at the door. However **RSVPs are requested by Wednesday, March 18.** Please RSVP to [askcoachdave@cox.net](mailto:askcoachdave@cox.net).

See you on the 20th! And invite a friend or fellow coach. Let's grow the chapter!!

## Northern Happenings

The Northern Chapter of the NPCA will hold its regular monthly meeting on Monday, March 30 at 11:30 a.m. at Austin's Restaurant in Reno. Please **RSVP for the luncheon to Laura Plato, [laura@courageousbe.com](mailto:laura@courageousbe.com).**

## Around the Coaching Community

**[Staying Positive, Proactive and Productive  
in Difficult Times](#)**

NPCA member Kit Prendergast is offering a free interactive workshop to

provide employees, staff and management, five concrete strategies and tools to navigate these turbulent economic times. The 50-minute workshop is available by request.

**Kit is offering the 40 to 50 minute workshop during March and April to companies and nonprofit organizations** to help ease some of the stress for employees during these difficult times.

Filled with Kit's unique brand of humor and wisdom, the workshop is for people still employed, who are experiencing the turbulence of change in their workplaces. Participants will take away a wealth of tools to stay positive, focused and energized through the months ahead.

Contact [Kit@CareerConnectionsSN.com](mailto:Kit@CareerConnectionsSN.com) or call **775-324-5151** for more information.

### **Living a Five Star Life**

Betty Mahalik, a full-time life and business coach and member of the Southern Chapter of NPCA recently published her first book, **Living a Five Star Life**. The book is a collection of 27 inspiring messages taken from the archive of her weekly motivational ezine, Monday Morning Coach. To purchase a copy, contact Betty at **702-658-4425** or go to [www.dynamic-coaching.com](http://www.dynamic-coaching.com) and click on the picture of the book. That will take you to the Simple Truths website, where you can purchase the book and look at the selection of beautiful gift and inspirational books available there.



### **Social Networking as a Marketing Tool**

Curious about the power and benefits of using social media to promote or market your services? The **Las Vegas Chamber of Commerce, Business Education Series will present Cheryl Bella, Senior VP of The FIRM Public Relations & Marketing on Wednesday, March 11, 7:30 a.m.** at its next BES breakfast event. Bella will discuss the different social media tools available and how to choose the one(s) that best suit your business. For information or to make reservations go to [www.lvchamber.com](http://www.lvchamber.com). By the way, this is also a great marketing venue with approximately 100 business owners and others attending every month!

To submit an item for **Around the Coaching Community**, please send

a brief description and your contact info to [betty@dynamic-coaching.com](mailto:betty@dynamic-coaching.com) no later than **March 30** for inclusion in the April newsletter.



## Congratulations Kit!

**Congratulations to the NPCA's newest ICF-certified coach, Katherine "Kit" Prendergast, who has earned her Professional Certified Coach (PCC) designation from the International Coach Federation.**



Kit is founder and owner of Career Connections of Sierra Nevada, a Reno-based coaching and training company. She specializes in career transition coaching and training.

Known for her tremendous energy and a gift for inspiring others, Kit's customized coaching and training programs focus on career-related topics, Emotional Intelligence, optimism and other business topics.

The International Coach Federation is the leading global organization for coaches, dedicated to advancing the coaching profession by setting the industry standard for coaching, providing independent certification, and building a worldwide network of credentialed coaches. The ICF is the only organization that awards a global credential.

To see more about Kit's coaching and training programs, go to [www.careerconnectionssn.com](http://www.careerconnectionssn.com) or contact her by phone at **775.324.5151**.

Congratulations Kit!

The Nevada Professional Coaches Association is a recognized chapter of the [International Coach Federation](#) (ICF). Meetings are open to coaches and related professionals, as well as those interested in the coaching profession. For more information visit [www.nevadacoaches.org](http://www.nevadacoaches.org).

**Sincerely,**

Sean Burns

President, NPCA

2009-2010

**[Forward Email to a Friend](#)**

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