

# NPCA



Nevada Professional Coaches Association

## NPCA Newsletter

October 2008

Dear Kit,

Although the economic news lately has been anything but optimistic, a handful of conversations I've had recently have given me a renewed sense of optimism about our organization. Since our last newsletter we've had a former member attend our luncheon in the south, a sign that people are still out there and watching what we do. Members from both regions have stepped up and volunteered for the nominating committee, and someone has agreed to take over the position of website chair. I have also spoken to current members and coaches new to this association who are interested in leadership roles. I have a sense of excitement about good things to come for the NPCA.

There's room for you too...wherever you want to connect with NPCA. This month's newsletter features information about upcoming programs and plans for our holiday party in Las Vegas. We would love to have coaches from Northern Nevada join in the festivities as well!

Thanks to all who are already serving in some capacity, and "welcome aboard" to those who are ready to join our leadership team for 2009.

Dave Richards,

NPCA President, 2008

### In This Issue

**Southern Chapter News**

**Northern Chapter News**

**Holiday Party Plans**

**The Power of Optimism**



### **Southern Chapter**

**Friday, Oct. 17**

Registration and networking:

**11:15-11:30 a.m.**

Luncheon and program:

**11:30- 1p.m.**

McCormick & Schmick's  
Restaurant

335 Hughes Center Drive

**Cost: \$25 payable at the door**

**RSVP to Dave Richards**

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

## Calendar of Events

### Focus on Wellness Oct. 17



Your business counts on YOU! As coaches we "know" that's true yet how many of us are really focused on our own wellness? Las Vegas chiropractic physician, Dr. Judy Stern will share wellness ideas and practices to use and "pay forward" to our clients when she speaks at the Southern Chapter luncheon on Friday, Oct. 17 at 11:30 a.m., at McCormick & Schmicks restaurant.

Dr. Stern is a graduate of Palmer College of Chiropractic West in Sunnyvale, California. In addition to her degree as Doctor of Chiropractic, Dr. Stern has successfully completed three years of post graduate study in chiropractic pediatrics and is eligible to sit for the Diplomate in Chiropractic Pediatrics Board. She also has two years of private study in Eastern Arts, and has earned credentials as an Advanced Fellow and Diplomate with The International Academy of Medical Acupuncture.

Before opening the Wellness Center in Las Vegas, Dr. Stern enjoyed 12 years in private practice in Northern California where she studied the effects of mental and spiritual will being in addition to the physical side of health and wellness. She has been a guest speaker on Fox 5 news and Channel 3 News with Beth Fisher, and her articles have been published in The Las Vegas Review Journal and Health and Fitness Magazine.

To RSVP for the Oct. 17 luncheon, contact Dave Richards at [askcoachdave@cox.net](mailto:askcoachdave@cox.net). The luncheon fee is \$25, payable at the door, however reservations are requested.

### Northern News

Coaches in the Northern Nevada Chapter will join for a roundtable discussion on "**the biggest need you see in 2009 for coaching in our community**" - and how we can help each other meet that need" at its monthly meeting **Oct. 27, 11:30 a.m. at Austin's in Reno.**

The group will also have a featured guest speaker, TBA.

To RSVP, contact Laura Plato, [laura@courageousbe.com](mailto:laura@courageousbe.com).

## Northern Chapter

Monday, Oct. 27

Austin's

7671 S. Virginia Street

**11:30 a.m.**

Reno, Nevada

**Cost: \$12.50 at the door**

**RSVP**

**to: [laura@courageousbe.com](mailto:laura@courageousbe.com)**

### Our Sponsors

The Nevada Professional Coaches Association

[www.nevadacoaches.org](http://www.nevadacoaches.org)

The International Coach Federation

[www.coachfederation.org](http://www.coachfederation.org)



International Coach Federation

Join Our Mailing List!

## Holiday Party Plans



I know it may seem early, but the holiday season will soon be upon us! We're planning something spectacular for our holiday party this season and definitely want you to be there to recap 2008 and celebrate 2009!

**The date is Saturday Dec. 6, 6:30 PM at the Brio Tuscan Grill at the new Town Square** shopping area in Las Vegas.

For a peek inside the beautiful interior of the Brio, Google "**Brio Tuscan Grill Las Vegas**"...look for the Vegas.com link and it's there.

The venue is beautiful, the food is consistently delicious and thanks to the efforts of Judy Irving we have been given a great price! Judy has placed a deposit in order to hold the room so we're offering you **a discount when you pay in advance.**

The party is open to all NPCA members and spouses/dates, however the seating is limited so get your reservations early!

Reserve your space by Oct. 31 and the price is just **\$30 per person for a two course meal.** If you pay in November the price is **\$35 per person.** Prices include tax and tip, but not beverages. There will be a cash bar available. **And as our gift to you, the NPCA will cover the cost of dessert!**

Enjoy holiday shopping or a movie at Town Square if you'd like and then join us for dinner, but **please put Dec. 6 on your**

**calendar now**, so you can join us for our annual celebration.

Please **mail your checks to Judy Irving, 612 Painted Cloud, Las Vegas, NV 89144. Make the checks payable to NPCA.** Space is limited to 30 people, so register now!

## The Power of Optimism

By Kit Pendergrast,\* CCMC

In these historically difficult times it may seem odd to be talking about optimism, but right now, on this day and in this time, as our economy struggles, this is when we truly need **optimism.**



I'm not talking about the Pollyanna kind and not the head-in-the-sand kind either. You might call it cautious optimism, and here's what I've found out: optimism is a powerful business tool.

When the business climate is challenging (and I know that's an understatement right now!), it's tempting to slip into a scarcity mindset. There's not enough to go around, we think, and we're told that it's time to hunker down and keep our heads low.

I disagree. Right now, whether you are a business owner, executive, or staff employee, (or coach) it's time to find your inner optimism. That genuine optimism and hope is a powerful business magnet. In my Power of Optimism presentations I take you through five steps to creating powerful optimism in your profession.

Here's are some important steps to use for yourself, your staff or your clients to develop a more optimistic frame of mind:

**Shift your thinking from a scarcity mindset to one of realistic abundance** - that "Yes, I do have enough" - enough time, enough money, enough energy. You'll notice a surge of energy when you make this adjustment.

**Focus on solutions to today's challenges.** Given the situation, how can I pro-actively position myself or my business?

**Be flexible and creative.** Find new ways to market yourself

and your business. Acknowledging that this is not "business as usual," find the need in today's climate and how you can fill it.

**Look for possibilities, not problems.** Be the one in the room who brings hope to the discussion.

Optimism is a powerfully attractive quality. I can assure you that people would rather do business with an optimist than with a purveyor of doom and gloom!

**\*Kit Pendergrast is Certified Career and Life Coach** and a member of the Northern Chapter of NPCA. For a complete list of Kit's tips on optimism or to subscribe to her ezine, visit her website at [www.careerconnectionsSN.com](http://www.careerconnectionsSN.com).

I look forward to seeing you at an upcoming NPCA event soon!!

**Sincerely,**

Dave Richards  
NPCA

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

✉ **SafeUnsubscribe®**

This email was sent to kit@careerconnectionsSN.com by [president@nevadacoaches.org](mailto:president@nevadacoaches.org).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

NPCA | 4341 Matinee Ave. | North Las Vegas | NV | 89031

Email Marketing by

