



Environment – Global Warming

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Coaching Top Tip

"It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it".

Arnold Toynbee

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ECI's
Coaching Blog

Editor's Letter

Hello Everyone

Welcome to the May Edition. This month we have something non-coaching related, and therefore slightly different to our usual content. However it is something vitally important.

To correspond with World Environment Day next month we have decided to bring you an edition on the "Environment – Global Warming." This is in support of the United Nations' effort to promote awareness of the environment and to increase political attention and action.

We hope that you enjoy this edition and share the information with family, friends, and acquaintances to raise awareness of a precious subject.

"We do not inherit the earth from our ancestors, we borrow it from our children" - Native American Proverb



Anna.

Anna Cairo, Assoc
Newsletter Editor
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The ECI

How important is it for coaches to continually market their own coaching practice? The Coach Referral Service provides each Accredited Coach with the opportunity to promote themselves as part of their membership.

To enter your details on the Coach Referral Service, it's a simple process. Login to the members area (<http://www.europancoachinginstitute.org/members/>) and select the

Monthly Meditation

It is in the present moment, that we are truly alive! When we are awake to the silence of our minds, we are able to hear the wisdom of our souls speak to us. Our presence allows us to participate fully in our lives and enjoy all the peace, joy and amazement that life has to offer us in many ways.

Spend time everyday being in the present moment. This need not be for long periods of time. A few moments here and there are a great way to begin. Next time you are waiting in a line somewhere use the time to get into the present moment and connect with yourself. You will more likely feel much calmer and in control even if it is for just a few moments. The more you practise the easier it will become.

following members options:

- Training – enter your training course details using this menu option.
- Workshops – this gives you a chance to enter all the workshops that you have attended.
- Accreditation – your ECI accreditation details will be displayed. Don't forget to enter any other accreditations that you may have.
- Business Details – select the types of business that your coaching practice encompasses.
- Organisation Memberships – enter all the business organisations for which you are a member. For example, Chamber of Commerce.
- Insurance – this allows you to display your Professional Indemnity Insurance policy details.
- Edit Details – to enter the languages you coach in, your coaching speciality, short description, approach to coaching, a few words from the coach and a number of your testimonials.

Once you've updated all your details, **select the Display option**.

Selecting 'yes' will display your information on the ECI's Coach Referral Service web-pages

http://www.europecoachinginstitute.org/coach_referral_service/search.php

and also on the International Coaching Register

http://www.internationalcoachingregister.org/icr_content/icr_alphabetic_display.php.

Don't forget to check that the details you've entered are those you want displayed.

An important point to note is that to protect you from spam emails but to allow you to be contacted, anyone wishing to contact you directly can do by clicking on the 'I wish to contact ...' button. This will send you an email to your registered email address.

We look forward to seeing you included in the Coach Referral Service.

So you are asking yourself, how can I become an Accredited Coach? To apply for an internationally recognised coaching standard, the ECI's coach accreditation process can be found by selecting the Members Upgrade option, which takes you through to the following web-page - http://www.europecoachinginstitute.org/accreditation/accred_upgrade.php.

As a coach who has trained on an accredited training course, please remember that there is a simplified process for achieving your accreditation.

Any questions or concerns about becoming an accredited coach just [email](#) the ECI's Intl. Head of Accreditation – Cherry Claus.

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Seven Ways to Create a Sustainable Business

Trish Weston

The evidence is everywhere. If we don't treat clients with respect, we lose them. If we take non-renewable resources from the planet, they run out. It is time to look past our financial bottom-line to see how to create a truly sustainable business. For me, it always hits me when I buy paper. Do I get the budget ream or spend a couple of extra dollars on the eco-friendly, post-consumer-waste, recycled stuff? Sure, "What's one ream of paper?" I say, but what if every business says that and leaves it up to someone else to make the difference?

The challenge is not just to run a profitable business but to run a sustainable business - a business that gives back the resources it uses. Assessing your business with a triple bottom line looks at its environmental (planet), social (people) and economic (profit) impact, and it is just as relevant to soloists as it is to large corporations. Now you may not be ready to go solar, but here are seven simple things you can do to reduce your business' environmental impact and create a more sustainable business.

Consume Less

- Switch off the lights, the computers, the fax and the photocopier at the end of the working day. If you're not ready to harness the sunshine, then get supplied with green power. Put on a jumper rather than the heater. Open the window rather than cranking up the air-conditioning.
- Get on the phone. Can that meeting be conducted by phone? Do you need to take the car or can you hop on the bus or carpool? What's the impact of your air travel? If air travel is essential, buy some carbon offsets for your business.
- Embrace working from home. Reduce your travel and doubling up on equipment and resources. Or share an office space with other soloists. When sourcing equipment and services, consider buying local to reduce travel miles.
- Use less materials. Do you really need to print that? Do you need the glossy promotional materials? Could you 'go digital' instead? Consider ways of standing out from the crowd without producing endless bin fodder.

Definition of Global Warming noun

the gradual increase in the overall temperature of the earth's atmosphere due to the greenhouse effect caused by increased levels of carbon dioxide, CFCs, and other pollutants.

<http://www.askoxford.com>

Inspirational Quotation

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."

Gaylord Nelson - former governor of Wisconsin, co-founder of Earth Day

"Our environment, the world in which we live and work, is a mirror of our attitudes and expectations

Earl Nightingale

Accredited Training Courses and Workshops (continued)

- Putting Ageing into Perspective
Mowat Research Ltd
accreditation applied for
- Quantum Goal Achievement
Noble Manhattan Coaching
info@noble-manhattan.com



Further details on all these courses and workshops can be found at
http://www.europecoachinginstitute.org/coach_training/programme.php?Level=SCECI

Workshops

- Results Coaching
Noble Manhattan Coaching
info@noble-manhattan.com



Further details on all these courses and workshops can be found at
http://www.europecoachinginstitute.org/coach_training/programme.php?Level=WSECI

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ECI Benefits for our Members

Professional Indemnity Insurance – [Click here for more details](#)

TAXCafe® - [Click here for more details](#)

Coaching Hours Log – [Click here for access to the log](#)

C.P.D. (continuous professional development) Log – [Click here for access to the log](#)

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Top Tips - 10 Ways to Support the Environment

- 1. Reduce, Reuse, Recycle**
Choose reusable products instead of disposables & buy products with minimal packaging. Where possible recycle paper, plastic, newspaper, glass and aluminium cans. If there isn't a recycling programme at your workplace or your community, ask about starting one.
- 2. Turn off lights & power points of electrical items when not in use**
Save electricity, energy and reduce global warming by turning off lights when you leave a room. Turn off your television, stereo and computer when you're not using them.
- 3. Change a light bulb**
Wherever practical, replace regular light bulbs with compact fluorescent light (CFL) bulbs. This decreases energy consumption and emissions of greenhouse gases particularly in countries where electricity is largely produced from burning fossil fuels.
- 4. Use environmentally friendly cleaning and personal products**
There is a lot of information available on the dangerous chemicals found in products you use each day. Not only does this affect your health, what goes down the drain also affects waterways and wildlife. Choose wisely.
- 5. Use Less Heat and Air Conditioning**
Adding insulation to your walls and attic, and installing weather stripping or caulking around doors and windows can lower your heating costs by reducing the amount of energy you need to heat and cool your home.
- 6. Drive Less & Drive Smart**
Less driving means fewer emissions. Besides saving fuel, walking and biking are great forms of exercise. When you do drive, make sure your car is running efficiently.
- 7. Buy Energy-Efficient Products**
Home appliances now come in a range of energy-efficient models, which use far less energy. Choose appliances with the highest rating efficiency.
- 8. Plant a tree**
If you have the means and space to plant a tree, do so. They are a vital part of the natural atmospheric exchange cycle on Earth, but there are not enough of them.
- 9. Encourage others to conserve**
Share information about recycling and energy conservation with your friends, neighbours and co-workers, and take opportunities to encourage public officials to establish programmes and policies that are good for the environment.

Acronym

G – Green Living

L - Landscape

O - Organic

B - Biodegradable

A – Alternative Fossil Fuels

L - Lifestyle

W - Walk

A - Activism

R – Renewable Energy

M - Minerals

I - Insulation

N - Natural

G –Green House Emissions

10. Volunteer you time

There are now many environmental organisations that are involved in planting trees, picking up rubbish, raising awareness and so on. Join one and become part of the solution.

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Members Offers

Build a Booming Business – Betska K-Burr, MECI – [Click here for more details](#)

Get Known Fast – Tessa Stowe, Assoc – [Click here for more details](#)

Your 'Get Known Fast' programme was super value for money and I want to thank you so much for changing my life in many ways Tessa! – [click here](#) for the testimonial written by a member of the ECI

The Science of Getting Rich – Barbara J. Dalpra, FECI – [Click here for more details](#)

How would you benefit if you were to promote your own business offers to the ECI's membership?

[Become a member today.](#)

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ECI Sponsored Workshops

The ECI offers their Members with the opportunity to promote their own workshops and short courses. It is important to note that these short courses and workshops are *not verified* by the ECI, and therefore they are not subject to the same scrutiny as the ECI Accredited Courses and Workshops.

Abundance Retreat – “Being beyond Technique”

Resolution for Life - Margit Jones-Hochstrasser, Assoc

[Click here](#) for more information

“Give Yourself the Gift of Health” Short Course

Rainbow Promise Health – Dawn Campbell, CECI

[Click here](#) for more information

“Putting Ageing into Perspective” Workshop

Mowat Research Ltd. - Dr Harriet Mowat, Assoc

[Click here](#) for more information

“The Positive Parenting Made Easy” Workshop

Positive Parents – Confident Kids Coaching Ltd. – Sue Atkins, Assoc

[Click here](#) for more information

“Transition Retreat”

Resolution for Life - Margit Jones-Hochstrasser, Assoc

[Click here](#) for more information

Take this opportunity to promote your short courses and workshops. [Email](#) the details of your workshops or short courses.

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The Greener Grocer

Rachel McDonald

Not long ago, I received a forwarded email petition on the environment. It had some simple requirements, like agreeing to reduce the number of lights you have on and use your car less. I was tempted to sign until I read the final paragraph, stating that I would not have any children, or any more if I already had them, due to overpopulation.

Many people become paralysed in their environmental efforts due to the seemingly massive requests being made of them. In this article, we'll look at some very simple ways you can reduce your impact through your food shopping that are not as painful as giving up your first-born child before it even arrives.

The first step is to consider buying fresh, local and in season produce. The local supermarket, particularly if part of a chain, may store its fresh produce for long periods before shipping it great distances to be stored some more. Refrigeration and transportation create an increased carbon footprint, not to mention the fact that you're paying for the full 2008 price for the 2006 Jaguar, (metaphorically speaking).

Next, look for chemical free offerings. Agricultural runoff has been implicated in damage to waterways and oceans, and is of great concern in areas such as the Great Barrier Reef, Australia. The presence of increased fertilizers can affect plant growth in ecosystems, disrupting a very delicate natural balance, while some chemicals can adversely affect wildlife. So investing in dolphin friendly tuna may be counterproductive if you're damaging Flipper's home anyway.

Organic and biodynamic produce is considered the gold standard in the environmental

Thought of the month

"Let every individual and institution now think and act as a responsible trustee of Earth, seeking choices in ecology, economics and ethics that will provide a sustainable future, eliminate pollution, poverty and violence, awaken the wonder of life and foster peaceful progress in the human adventure."

John McConnell,
founder of
International Earth Day

Humour

There's so much pollution in the air now that if it weren't for our lungs there'd be no place to put it all.

Robert Orben

Technology cooperation is another innovation that is helping the international community to deal with the problem of global warming. This strategy involves the sharing of developments of environmentally friendly technology between nations to help us adapt to the changes that we need to make to stop this problem. Also, the nations of the planet are working together to establish firm laws when it comes to land usage, changing land usage, and forestry. As the effects of global warming become more clear, more people will hopefully begin to understand the problem so that the nations of the world can cooperate in helping to save our planet.

Kadence Buchanan

<http://iweatherworld.com/>

<http://fortheloveofscience.com/>

<http://4educationinformation.com/>

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Answer - Share your quotes, positive daily actions and coaching tips for the benefit of others in this newsletter. In addition, seize this free opportunity to raise your profile and increase your chances of being networked with by contributing an article. Don't worry if you're not an experienced writer, we'll help you edit it. Our publication guidelines are found by [clicking here](#).

We look forward to hearing you voice an opinion, starting a debate or just raising an issue with us.

Send your submission to the [Editor](#).

How about working with our team?

We are looking for people to find great articles for our future newsletters. Please contact our [Editor](#) if you love research, reading and being part of a team.

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