



## The Power Of Positive Thinking

### Coaching Top Tip

"Identify your problems, but give your power and energy to solutions" Anthony Robbins

The first lesson we ought to learn is perhaps the most valuable: it is the ability to make yourself do the things you have to do, when they ought to be done, whether you like it or not.

Thomas Huxley Biologist

### Index of regular at a glance features

- [Coaching Top Tip](#)
- [Monthly Meditation](#)
- [Definition of Coaching](#)
- [Inspirational Quotation](#)
- [Readers Feedback](#)
- [Positive Daily Actions](#)
- [What the media is saying](#)
- [Ice Breakers](#)
- [Offers & Useful Information](#)
- [Great Questions](#)
- [Acronym](#)
- [Thought of the month](#)
- [Word of the month](#)
- [Humour](#)
- [Future Features](#)
- [Newsletter Team](#)
- [Copyright](#)
- [Disclaimer](#)

### Index of Items

- [Editors Letter](#)
- [The ECI](#)
- [Article – Positive Expectations and You](#)
- [Accredited Training Courses and Workshops](#)
- [ECI Benefits for our Members](#)
- [Top Tips – How To Keep Positive Every Day](#)
- [Members Offers](#)
- [ECI Sponsored Workshops](#)
- [Article – Talk Your Way To A Positive Mental Attitude](#)
- [Recommended Reading](#)
- [Article - The Power Of Positive Thinking](#)



ECI's  
Coaching Blog

### Editor's Letter

Hello Everyone

Welcome to the March Newsletter, which is focusing on the power of positive thinking for this month.

The power of positive thinking has long been associated with success and accomplishment, however, not everyone agrees with the concept.

Positive thought is not just about thinking positive, it is also about recognising that you are empowered to have control over your destiny. It is about making the best of circumstances – changing what you can and accepting what you can't.

Thinking positive is not enough to move you forward productively; even the most pessimistic person is able to think positive thoughts, however they don't believe in the expectation or the outcome. The power of positive thinking is in the belief of the outcome; that everything will work out. When you combine the thought with the belief you have a very powerful combination for achievement.

**"There are two ways to meeting difficulties. You alter the difficulties or you alter yourself to meet them."**

**Phyllis Bottome**



*Anna.*

Anna Cairo, Assoc  
Newsletter Editor  
[anna@the-eci.org](mailto:anna@the-eci.org)

[return to the index](#)

### Monthly Meditation

#### If a Dog Were Your Teacher

If a dog were your teacher, you would learn stuff like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Let others know when they've invaded your territory.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

And MOST of all...

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

Author unknown

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.europeancoachinginstitute.org/members/>) and select the 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.europeancoachinginstitute.org/coach\\_referral\\_service/search.php](http://www.europeancoachinginstitute.org/coach_referral_service/search.php)

and also on the International Coaching Register

[http://www.internationalcoachingregister.org/icr\\_content/icr\\_alphabetic\\_display.php](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.europeancoachinginstitute.org/accreditation/accred\\_upgrade.php](http://www.europeancoachinginstitute.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.

[return to the index](#)

## Positive Expectations and You

Wendy Betterini

Do you ever find yourself getting stuck in negative thought patterns and expecting the worst possible outcome in every situation? It is a common mind-set that proves difficult to change when you finally decide you've had enough. Unfortunately, negative thoughts tend to breed and multiply on their own even when you're not consciously trying to think negatively.

The good news is that turning a negative outlook into a positive one just takes a bit of patience and persistence until the positive thoughts begin to take over.

Below you'll find three simple steps to begin forming positive expectations on a daily basis:

- 1) Develop self-awareness to recognise negative expectations. One problem with negative thoughts is that they often form below your conscious level of awareness, and you get so used to them being in your head that you hardly notice anymore. To turn the tide of negativity, you'll have to develop a stronger level of self-awareness. One good way to start is by performing self-checks several times a day. Pay attention first to how you feel. If you're feeling positive and productive, most likely you've been thinking positive thoughts.

However, if you notice that you're feeling irritable, pessimistic or stressed, you're probably focusing more on negative thoughts. When that happens:

- 2) Challenge and change the negative thoughts. Believe it or not, it is fairly easy to challenge and change negative thoughts with a little willpower and concentration. For example, if you find yourself feeling doubtful about your ability to finish your

### Definition of Positive Thinking

#### Positive adjective

expressing affirmation, permission or implying agreement, or

constructive, optimistic, or confident

<http://www.askoxford.com>

#### Thinking adjective

using thought or rational judgement; intelligent

#### noun

a person's ideas or opinions

<http://www.askoxford.com>

### Inspirational Quotation

"Most folks are about as happy as they make up their minds to be"

Abraham Lincoln

"When you are looking in the mirror, you are looking at the problem. But, remember, you are also looking at the solution"

Anonymous

"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it."

Vincent Van Gogh

work on time, you might engage in a bit of self-talk like this: "Okay, so I'm feeling a bit worried right now, but really everything is okay. I'm strong, I'm smart and I'm capable of finishing my work on time. I'll do my best and everything will work out fine." Even though nothing has changed in your outer circumstances, this type of self-talk can get you thinking and feeling more positive.

- 3) At the same time, while you're changing negative thoughts to positive, work daily on developing a general positive expectation habit. Each day when you wake up, affirm confidently, "Today is going to be a great day! Everything will go my way and I'll enjoy plenty of lucrative opportunities and fun!"

When you encounter obstacles or problems, see them as opportunities to learn, grow and strengthen yourself. Perception is 99% of the game! If you simply work on shifting the way you look at the experiences of your life, you can easily conquer your negative thought habits.

The more you focus on changing your perspective to emphasise the positive, you'll empower yourself to create better circumstances in your life. Before you know it, you'll be enjoying better and more frequent opportunities and attracting other likeminded, successful people to connect with.

Wendy Betterini

[prcontactz-wings@yahoo.com](mailto:prcontactz-wings@yahoo.com)

[www.WingsfortheHeart.com](http://www.WingsfortheHeart.com)

© 2008 Wendy Betterini. All Rights Reserved.

[return to the index](#)

## Accredited Training Courses and Workshops

### Full Coach Training Courses

- Diploma in Life & Business Coaching  
Mindstream  
[info@mindstream.ie](mailto:info@mindstream.ie)
- *Diploma in LifeSkills Development & Life Coaching*  
*Life & Executive Coaching Institute*  
**accreditation applied for**
- *Diploma in Management and Executive Coaching*  
*International Coaching and Training Institute*  
**accreditation applied for**
- Diploma in Personal and Executive Coaching  
Executive Coaching Solutions Limited  
[info@ecsl.eu](mailto:info@ecsl.eu)
- LCH Diploma in Life Coaching (The)  
Achievement Specialists  
[enquiries@achievementspecialists.co.uk](mailto:enquiries@achievementspecialists.co.uk)
- Life & Executive Practitioner Coach Diploma (DipNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Life & Executive Practitioner Senior Diploma (SNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Life & Executive Master Coach (MNMC)  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)
- Professional Certified Power Coach® Program  
Coaching and Leadership Intl. Inc.  
[Betska@CoachingAndLeadership.com](mailto:Betska@CoachingAndLeadership.com)



Further details on all these courses and workshops can be found at  
[http://www.europeancoachinginstitute.org/coach\\_training/programme.php?Level=CTECI](http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=CTECI)

### Short Course Training Courses

- Coaching Skills for Managers  
Reed Learning plc  
[Eleanor.Maimane@reed.co.uk](mailto:Eleanor.Maimane@reed.co.uk)



### Readers Feedback

We would appreciate *your feedback* on any aspect on the newsletter.

Email the editor!  
[anna@the-eci.org](mailto:anna@the-eci.org)

Please don't forget to promote the ECI to like-minded friends and clients by forwarding them a copy.

### Positive Daily Actions

Seek to maintain flexibility and balance by working on both your weaknesses and strengths.

Delegate anything and everything else that is irrelevant.

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.

Lin Yutang

### What the media is saying

Allow staff to discuss performance

[The Sunday Times](#)

Business on the Beach

[Financial Times](#)

Speak Easy It's a skill you can learn

[The Sunday Times](#)

### Offers & Useful Information

Keep up to date with the [ECI's Coaching Blog](#).

Google Alert service at:  
<http://www.google.com/alerts>  
here you can ask for alerts when people link to your site - a great way to track how word of your website is spreading.

## Accredited Training Courses and Workshops (continued)

[www.skype.com](http://www.skype.com) skype is free internet telephony that allows people to 'telephone' each other from their PC. What is needed - a good headset or a good microphone and speakers.

This allows both one-to-one calls and conference calls of up-to 9 people at a time.

Skype also has the facility to allow you to call anyone anywhere in the world at local rates.

What do you do: access [www.skype.com](http://www.skype.com) download the software install it on your PC plug in your headset or your microphone and speakers you can also plug in a web-cam or digital camera to actually see the person once the software is installed you need to create your own profile - mine is found under 'nyasap'. logging onto the software on a regular basis allows you to: build your own network of contacts - you can search cross the whole database ring anyone who is on the line at the same time as you are. you don't need to have broadband, ADSL, ISDN, or any permanent connection, but it is only free when you do have. If you use this service through a dial-up line you will still be paying for the dial-up call, but not for the actual phone call (as this maybe international).

### Great Questions

#### Turning Negative Situations Into Learning Opportunities:

- How can I grow from this?
- What can I learn from this situation?
- List the positives of this particular situation to me
- What is one thing I have learned about myself during this time?

### Acronym

- P - possible
- O - optimistic
- S - self-assured
- I - imagine
- T - thankful
- I - informative
- V - vibrant
- E - encouraging

- Putting Ageing into Perspective  
Mowat Research Ltd  
[accreditation applied for](#)
- Quantum Goal Achievement  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at [http://www.europancoachinginstitute.org/coach\\_training/programme.php?Level=SCECI](http://www.europancoachinginstitute.org/coach_training/programme.php?Level=SCECI)

### Workshops

- Results Coaching  
Noble Manhattan Coaching  
[info@noble-manhattan.com](mailto:info@noble-manhattan.com)



Further details on all these courses and workshops can be found at [http://www.europancoachinginstitute.org/coach\\_training/programme.php?Level=WSECI](http://www.europancoachinginstitute.org/coach_training/programme.php?Level=WSECI)

[return to the index](#)

## 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](#)

[return to the index](#)

## Top Tips

1. Always use positive words while thinking and talking, such as, 'I can', 'it is possible', 'it can be done' and so on
2. Associate yourself with people who think and act optimistically
3. Take good care of yourself – this keeps you fit and healthy and your mind active and alert
4. Minimise the time you listen to the news and read the papers - the world has major issues but you don't have to be constantly bombarded with this information
5. Volunteer your time or skills to an organisation, friend or local group
6. Allow into your awareness only feelings of contentment, strength and success
7. Visualise clearly in your mind (with concentration and faith) successful outcomes
8. Read something inspiring every day
9. Engage in some form of physical activity
10. Watch movies and read books that engage you and fill you with hope

"Human behaviour flows from three main sources: desire, emotion, and knowledge" Plato

## 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.](#)*

[return to the index](#)

## 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.

### "Give Yourself the Gift of Health" Short Course

Rainbow Promise Health

[Click here](#) for more information

Thought of the Month

An old woman in a wheel chair was moving into a retirement centre. Her children had all moved away and her declining health made it impossible for her to live alone any longer. As she sat in the reception area waiting to be wheeled up to see her room for the first time, her daughter called and the nurse handed the woman the phone. As they chatted, the woman told her daughter the room was beautiful, and that she loved the new friends she was meeting.

When she hung up the phone, the nurse expressed surprise, saying she thought the woman had never seen the facility before. The woman replied, "Oh, I've never been in this building before, but I learned a long time ago that most things are about as pleasant and charming as I decide they are in my mind. So why should I wait for you to take me upstairs? I just decided I was going to love it here, and I bet I will."

Isn't that the truth?

Anon

Word of the Month

**polyglot** \POL-ee-glot\

*adjective:*

1. Containing or made up of several languages.
2. Writing, speaking, or versed in many languages.

*noun:*

1. One who speaks several languages.

Humour

"People can be divided into two categories: Those who divide people into two categories; and those who don't" - R. Benchley

"We are all in the gutter, but some of us are looking at the stars" - Oscar Wilde

"In the province of the mind, what one believes to be true either is true or becomes true" - John Lilly

**"Putting Ageing into Perspective" Workshop**

Mowat Research Ltd.

[Click here](#) for more information

**"The Positive Parenting Made Easy" Workshop**

Positive Parents – Confident Kids Coaching Ltd.

[Click here](#) for more information

Take this opportunity to promote your short courses and workshops. [Become a member today](#) and email the details to [members-offers@the-eci.org](mailto:members-offers@the-eci.org).

[return to the index](#)

**Talk Your Way To A Positive Mental Attitude**

**Christopher Davies**

Late last summer while staying in North Yorkshire I went for a run, which took me along a field track between ripening crops of wheat and barley. The sky was blue and clear, the air still and warm. Partridges whirred up in front of me; a large hare broke cover and ran away along the track. Then I heard the skylarks. The thing about skylarks is that they are easy to hear but not so easy to see especially against a bright blue sky. I said to myself "Somewhere up there are skylarks, but I'll not be able to see them." I looked up into the bright sky and saw nothing. Just the bright sky. So I satisfied myself with their wonderful song and continued running.

But hang on a minute. Who says that skylarks are not easy to see? According to whom exactly, will I not be able to see them? It was according to me, to my internal dialogue, my belief system at that moment.

Cue: change of internal dialogue.

I then said to myself - still running I might add - "There are skylarks up there singing, and if I look up I will be able to see them." I looked up and almost immediately picked out the rapid wing beat and hovering flight of one of them, then looked to the right and saw the other within seconds of each other.

The only difference between the first time I looked and the second was my belief or my expectation in the outcome and what I was saying to myself.

Now of course, all of us run internal dialogues (whether or not we realise it - make a point to listen for it). It is our internal system for sorting information, solving problems and crucially, how we create the mental attitude that we take into any given situation. What we say to ourselves in our mind is an accurate predictor of what actually happens to us. As Robert Anton Wilson says in Prometheus Rising, "What the thinker thinks the prover proves." In other words, whatever the thinker part of our brain thinks we will find evidence to prove that to be the case. When my thinker thought: "I won't be able to see skylarks" my prover made sure I didn't. When my thinker thought I would see them, my prover provided the proof.

What we sometimes don't realise is that we choose, albeit often unconsciously, the internal dialogue we use. Sometimes it might not seem like that but there certainly isn't anyone else talking inside my head! So we have a simple choice. We can either give ourselves empowering positive messages or we can do the opposite. There is no more effective way of maintaining a positive mental attitude than ensuring that our self-talk is giving us a series of "can do" messages.

Tony Robbins in Awaken the Giant Within puts it like this: "If an assemblage of words you're using is creating states that disempower you, get rid of those words and replace them with ones that do empower you!" Simple.

And if you do that, you'll see the skylarks every time!

Christopher Davies

[cdatraining@dsl.pipex.com](mailto:cdatraining@dsl.pipex.com)

© 2008 Christopher Davies All Rights Reserved.

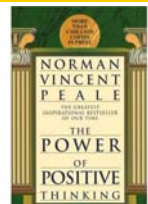
[return to the index](#)

**Recommended Reading**

**[The Power of Positive Thinking](#) (Paperback)**

**Dr. Norman Vincent Peale**

In this book, Norman shares his formula of faith and optimism which is used by many as their own effective philosophy on living. This guide supports you to eliminate negative attitudes, harness the power you have and live the best life you can. It is an inspiring book to steer you to confidence, success and joy.



© 2008 <http://www.amazon.com>

[return to the index](#)

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds.

Not everyone accepts or believes in positive thinking. Some consider the subject as just nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not many know how to use it effectively to get results. Yet, it seems that many are becoming attracted to this subject, as evidenced by the many books, lectures and courses about it. This is a subject that is gaining popularity.

It is quite common to hear people say: "Think positive!" to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them as useful and effective. How many people do you know, who stop to think about what the power of positive thinking means?

The following story illustrates how this power works.

Allan applied for a new job, but as his self-esteem was low, and he considered himself as a failure and unworthy of success, he was sure that he was not going to get the job. He had a negative attitude towards himself, and believed that the other applicants were better and more qualified than him. Allan manifested this attitude, due to his negative past experiences with job interviews.

His mind was filled with negative thoughts and fears concerning the job for the whole week before the job interview. He was sure he would be rejected. On the day of the interview he got up late, and to his horror he discovered that the shirt he had planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a shirt full of wrinkles.

During the interview he was tense, displayed a negative attitude, worried about his shirt, and felt hungry because he did not have enough time to eat breakfast. All this distracted his mind and made it difficult for him to focus on the interview. His overall behavior made a bad impression, and consequently he materialised his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview he often visualised himself making a good impression and getting the job.

In the evening before the interview he prepared the clothes he was going to wear, and went to sleep a little earlier. On the day of the interview he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time.

He got the job because he made a good impression. Of course he also had the proper qualifications for the job, but so had Allan.

What do we learn from these two stories? Is there any magic employed here? No, it is all natural. When the attitude is positive you entertain pleasant feelings and constructive images, and see in your mind's eye what you really want to happen. This brings brightness to the eyes, more energy and happiness. The whole being broadcasts good will, happiness and success. Even the health is affected in a beneficial way. You walk tall and the voice is more powerful. Your body language shows the way you feel inside.

Positive and negative thinking are both contagious. All of us affect, in one way or another, the people we meet. This happens instinctively and on a subconscious level, through thoughts and feelings, transference and through body language. People sense your aura and are affected by your thoughts. Is it any wonder that we want to be around positive people and shun negative ones? People are more disposed to help if we are positive. They dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude bring up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

In order to turn the mind toward the positive, inner work and training are required. Attitude and thoughts do not change overnight.

Read about this subject, think about its benefits and persuade yourself to try it. The power of thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange give it a try, as you have nothing to lose, but only to gain. Ignore what others might say or think about you, if they discover that you are changing the way you think.

Always visualise only favourable and beneficial situations. Use positive words in your inner dialogues or when talking with others. Smile a little more, as this helps to think positively.

#### Future Features

##### April

- Feedback
- How to give and Receive

##### May

- Environment
- Global Warming

##### June

- Energy and Health

##### July

- Building Your Business

##### August

- Self-esteem and confidence

##### September

- Passive Income

##### October

- Effective Communication

##### November

- Relaxation

##### December

- Volunteering

Newsletter Team

Editor:

[Anna Cairo](#)

Article Resource Team:

[Michael Duffy](#)

Your Questions Answered Panel:

position vacant

Book Review Team:

position vacant

Proof reading:

[Jane Watt](#)

Final proof reading:

[Dawn Campbell](#)

Disregard any feelings of laziness or a desire to quit. If you persevere, you will transform the way your mind thinks.

Once a negative thought enters your mind, you have to be aware of it and endeavour to replace it with a constructive one. The negative thought will try again to enter your mind, and then you have to replace it again with a positive one. It is as if there are two pictures in front of you, and you choose to look at one of them and disregard the other. Persistence will eventually teach your mind to think positively and ignore negative thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

It does not matter what your circumstances are at the present moment. Think positively, expect only favourable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.

Remez Sasson

[www.SuccessConsciousness.com](http://www.SuccessConsciousness.com)

[info-bl@successconsciousness.com](mailto:info-bl@successconsciousness.com)

© 2008 Remez Sasson. All Rights Reserved.

[return to the index](#)

Copyright

Articles and illustrations remain the copyright © of the originator; reproduction in any form is prohibited without their written permission.

All other material is copyright © ECI 1999-2008. All Rights Reserved.

Disclaimer

The opinions and the views expressed in The ECI's newsletter are those of the individual authors or contributors and are not necessarily those of the Editor or of The ECI. The ECI assume no liability for accuracy, errors or omissions in editorial or offer content. No advice or information given by contributors, The ECI or any other party shall create any warranty or liability. The ECI cannot accept any responsibility for any loss or damage that may arise as a result of any errors, omissions or inaccuracies in this newsletter.

## The ECI A force for good in coaching!

This is your industry related e-newsletter so have your say here.

**Question** - What do you have to say that will inspire, motivate or support other coaches to realise their full potential?

**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 your 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.

The ECI, P.O. Box 407, Ashford, TN24 8WS, UK

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

[newsletters@the-eci.org](mailto:newsletters@the-eci.org)

[info@the-eci.org](mailto:info@the-eci.org)



Registered Office

ECI Accreditation Limited, Roper Yard, Canterbury, Kent CT2 7EX, United Kingdom.

Registered in England and Wales: 5009757

**Unsubscribe instructions:** We respect your wishes to no longer receive emails or the newsletter from The ECI; therefore we ask that Members login to The ECI's members section with their registered email address and password, click on the 'Edit Details' button and uncheck the 'Wish to receive emails' option. Thank you.