

EXECUTIVE COACHING SERVICES: 2009

EXECUTIVE COACHING IS an arrangement of ongoing consultation for personal balance, enhanced performance, organizational effectiveness, enjoyment of living, and the fulfillment of meaning and purpose. It is not psychotherapy. The focus is on refining and enhancing precision skills in people who are already functioning well in several of their life contexts. The coach helps guide the client through life and career planning in a principle-centered life. Topics include: personal charter or mission statement, core values and principles, goals, objectives, energy and resource allocation, priority and boundary management. Systemic topics include: listening and communication, empathy, creativity, win-win paradigms for conflict resolution, negotiation, relationship skills, and leadership and organizational development. This service also includes the principles of Positive Psychology in Coaching Toward Happiness, including the pleasant life, the engaged life, and the meaningful life.

THE HEAD COACH IS Dr. Frank Young, a registered psychologist based in Calgary, Alberta, Canada. He is the president and CEO of Mind State Management Inc., and has consulted to many organizations for stress management, performance enhancement, organizational development, and goal attainment. He has also served in several supervisory and leadership positions in public life before progressing to full-time consulting.

Dr. Young is **fully certified in coaching at Level 3, National Coaching Certification Program (NCCP)**, and is a **certified instructor for NCCP Level 3 Sport Psychology**. He is a graduate of the Authentic Happiness Coaching course at the University of Pennsylvania. He is trained in several martial arts, and is a 4th degree black belt in judo, and a National A Referee for Judo Canada. He often employs philosophical concepts of conflict resolution and spirituality derived from this background to enhance mindfulness.

Dr. Young is on **Adjunct Faculty**, Family Therapy Training Program, CHRA, Calgary, Alberta, and Clinical Member with the American Association for Marriage and Family Therapy. He is also an **Editorial Advisory Board Member**, *Journal of Systemic Therapies* and **Instructor, Canadian Society of Clinical Hypnosis**. He is a **Sport Psychology Instructor** in the Department of Kinesiology, The **University of Calgary**, and consults to several National teams and athletes. He has published articles and presented numerous workshops on such topics as Ericksonian approaches in hypnosis and therapy, therapeutic humour, anorexia and bulimia, imagery training, lucid dreaming, mind state management, creativity,

and neurotechnology. He has recently developed and produced hypnotic MP3 programs and CDs for stress management and personal development.

Fees are generally \$160/hr. contact, \$100/hr. travel and standby on-site (no G.S.T.). Sessions are often by telephone, or, if geographically possible, face-to-face in office or on-site at the client's convenience.

Seminars, workshops, in-house training programs, clinical supervision, and management consulting are available by special arrangement.