

**WHAT'S IN IT:**

A look back, some updates, events - past as well as upcoming ones, some humour, book recommendations and much more!

**Dear Leader,**

As the decade draws to a close, Regal Unlimited looks back on the years gone by marked by its birth, lives transformed, the ups as well as the downs – every experience underscored by rich learnings for life.

Launched on the much-talked about 12.12.12 as per Mayan calendar – signifying the birth of new – Regal's journey since has only been very gratifying for all of us. While we have had our fair share of ups and downs, it's been a thrilling roller coaster ride nonetheless. So, while we might have shouted our lungs out, we assure you we also enjoyed it thoroughly.

**REGAL'S COACH TRAINING GETS BIGGER, BETTER & BOLDER**

As some of you may remember, we had started our coach-training programme way back in 2014. It was a success from the word go and helped us build a vibrant community of 150 leaders and coaches over the years. We are happy to share with you that after a brief hiatus, we have now relaunched the coach-training programme! And that's not all – the coach-training programme is now bigger, better and bolder as it takes on some of the oft-faced challenges faced by leaders and helps the coachees find their way through it.

While we continue to focus on the holistic development of coaches and their continued learning, we will also be collaborating more with business organisations and leaders from now on. Of course, quality and depth will remain our mainstay. We believe it is what sets us apart! Coach training, we believe, is a journey to deeper self-awareness first. Certification and credentialing are a distant second.

**MARK-TO-MARKET YOUR COACHING COMPETENCIES**

ICF recently updated its Core Coaching Competencies model. We are very excited about the changes in core competencies model. It's been a long time in the making and much-needed. In line with the changes, Regal will be offering a new and unique programme for coaches to sharpen the proverbial saw. Top up your CCEUs as you get better in every way!

To know more, [mail us](#).

**MONTHLY MEETUP GOES TO CHENNAI**

We met up aspiring coaches and professional coaches as part of our monthly MeetUp. The group of us shared a great camaraderie as we bonded over filter *kapi*, Chennai weather and ICF Coach Training!

**NOVEMBER'S MEETUP WAS A NAMMA OORU EVENT @ BENGALURU**

A bunch of us met in Bengaluru last month. And when a handful of coaches meet, it's always a magical learning experience.



For more details on coach training and upcoming sessions, visit our [website](#).

REGAL'S WEBSITE GETS A FACELIFT

All good things must come to end..... or better still, be replaced with something way better! Here's introducing you the new Regal Unlimited website! Your source for all things coaching, now with more resources, features and capabilities than ever before! We've redesigned our website to bring you an improved learning and knowledge experience and it's better than anything you would have imagined. Here's a quick preview of what's new!



Richer Content

Get a lowdown on all things coaching



Easy to Navigate

Crisp, easily navigable and easy to understand



Resource Centre

Read our blogs, newsletters, ebooks and e-brochures

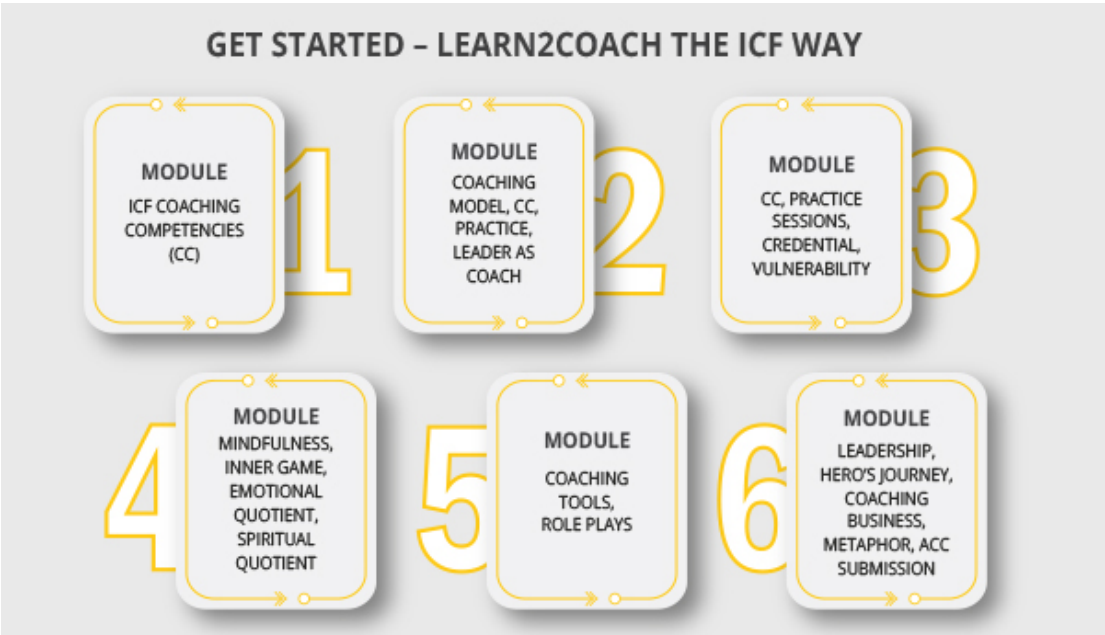


STORY OF THE MONTH



ICF Approved Coach Training by Regal Unlimited @Bengaluru

The new batch for ICF-approved Coach Training kickstarted in Bengaluru last month.

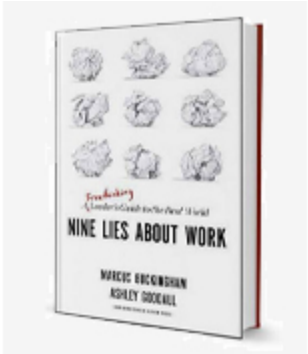


LAUGH AND LEARN (#LAL)





READER'S PARADISE



Nine Lies About Work: A Freethinking Leader's Guide to the Real World

Forget what you know about the world of work - You crave feedback. Your organization's culture is the key to its success. Strategic planning is essential. Your competencies should be measured and your weaknesses shored up. Leadership is a thing. These may sound like basic truths of our work lives today. But actually, they're lies.

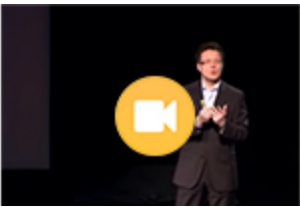
As 'strengths guru' and bestselling author Marcus Buckingham and Cisco Leadership and Team Intelligence head Ashley Goodall show in this provocative, inspiring book, there are some big lies--distortions, faulty assumptions, wrong thinking--that we encounter every time we show up for work. Nine lies, to be exact. They cause dysfunction and frustration, ultimately resulting in workplaces that are a pale shadow of what they could be.

But some can get past the lies and discover what's real. These *freethinking leaders* recognize the power and beauty of our uniqueness. They know that emergent patterns are more valuable than received wisdom and that evidence is more powerful than dogma.

With engaging stories and incisive analysis, the authors reveal the essential truths that such freethinking leaders will recognize immediately: that it is the strength and cohesiveness of your team, not your company's culture, that matter most; that we should focus less on top-down planning and more on giving our people reliable, real-time intelligence; that rather than trying to align people's goals we should strive to align people's sense of purpose and meaning; that people don't want constant feedback, they want helpful attention.

This is the *real* world of work, as it is and as it should be. *Nine Lies About Work* reveals the few core truths that will help you show just how good you are to those who truly rely on you.

OF VIDEOS AND VIEWS



The Perfect Boss: Dr Axel Zein at TEDx Stuttgart

Axel Zein promotes a new way we manage businesses today: think of business as a sport. In sports, the team is decisive; the team with the best players usually wins. And sports are fun. So what qualifies a manager to be the perfect coach for his team?

LIFE'S LIKE THAT – THOUGHTS TO PONDER



"You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don't. You have wings. Learn to use them and fly."  
- Rumi

COACH'S CORNER



Vijayalakshmi S  
Master Certified Coach, CoachConsult Mentor Coach

As I begin reflecting upon the year (almost!) gone by and about the year ahead, this is where I am. There is a sense of contentment and growth that comes from learning and contribution in the time gone by. There is also a palpable passion for more contribution, the excitement of more learning, and a strong sense of hope.

My present state of being ties in so well with the profession I am in - *The profession of Hope!* It is this sense of hope that I believe is at the core of coaching. Hope that drives people to look beyond the past and into the future. To dream, set goals and realise them. Without the driver of hope, there is no looking forward to a better tomorrow. And coaching, as we know, is a process that brings in similar future focus.

As a coach, I believe I can enable and partner in this sacred space of hope to enable my clients to play to their full potential. This approach grounds my sense of contribution in a very heart space, providing unconditional support to the client's growth. So, as I ready myself for 2020, much energised I ask myself this - *"How can I make a difference to as many people whose path I may cross to enable the realisation of their hopes with commitment, courage, love*

*and authenticity" ?*

This to me is at the heart of **BEING** a coach, and can, in fact, contribute to a better world.

UPCOMING EVENTS

Chennaites here's a shoutout to you. Register for the ICF ACC upcoming batch starting January 2020. To know more, [write to us](#).

WHAT'S IN STORE FOR 2020?

While its always gratifying to look back and see how far we have come, it is equally exciting to look forward. We are excited to see what's in store for us on the other side of the decade.

Here's wishing you and yours a very happy and wholesome New Year!

Best wishes.

**Team Regal Unlimited**

