

COACH GURU

The Journey Continues...

INTERNATIONAL COACHING WEEK

The monthly newsletter from the desk of Regal Unlimited

WHAT'S IN IT:

Corona times, work from home, events, some humour, blogs and much more!

Dear Leaders,

International Coaching Week is an annual celebration of the power and impact of professional coaching. From 4th to the 10th of May, ICF Members from around the world celebrated the power of coaching to positively impact individuals, organisations and communities the world over.

INTERNATIONAL COACHING DAY 2020

As ICF coaches, we are leading the future and pursuing a powerful vision of **'ensuring that coaching is an integral part of a thriving society and every ICF Member represents the highest quality of professional coaching'**. Our world is facing an unprecedented crisis. In the days, weeks and months ahead, we will need coaches and coaching more than ever.

On May 6, 2020, ICF coaches from 87 countries met this need by donating one hour of pro bono coaching to a member of their community. The result was an uninterrupted 35-hour wave of coaching that began in Asia and Oceania, and ended the following day in British Columbia, Canada. Here's a big shout out and gratitude to all the coaches who participated in this inaugural global coaching effort. Your contributions made a difference! [Read more.](#)

COPING WITH CORONA

These are difficult times, no doubt. Here's a story that's probably too close to reality than we may think.



A wealthy man went to an astrologer. The astrologer looked at his horoscope and said, "I have good news and bad news. Which one you want to hear first?" The client thought it was better to hear the bad news first and then the good news. "May be it will reduce the impact of the bad news", he thought to himself.

This however wasn't how he would give feedback at his office. He always gave the good news first, and then broke the bad news. He was familiar with the corporate jargon for it, 'developmental feedback'. The wealthy businessman thought about it again and said, "Please tell me the bad news first, then the good news".

"Fine. If that's what you want," announced the astrologer. "The bad news is that you will lose all the money". What is life without all the wealth? Is it worth living without wealth? What could be the good news, the wealthy man wondered.

The astrologer continued, "The good news is that you will get used to it"!

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CORONA TIMES

The worst time in history is perhaps staring at us. We were worried and scared initially. Now as the number of cases remains high, and continues to climb up in certain parts of the world, we are forced to live the lockdown and help people work. After all, the argument between life and living is eternal. What is life without work?

The worst affected are perhaps the poorest, who depend on daily earnings. Also, little children,

who are under ‘house arrest’, thanks to the lockdown. Will they ever understand why they are forced to remain indoors?

Another ticking bomb is the relationship bomb. In some parts of the world, divorce rates have sky-rocketed, according to reports. #WFH continues to throw up a new set of challenges.

The long term impact on mental health for all is still a matter of conjecture.



We are lucky if we are not directly affected by the deadly virus. In that case, a good option is to consciously look at the situation as a choice between crisis and opportunity.

Some of our coaching clients had intuitively chosen to plan ‘work from home’ (#WFH) even before the government announced the complete lockdown. Some of them have been busier, more productive and achieving some big results for their organisation.

How we handle the crisis, at work, home, the community will define our legacy. How is it going for you?

CORONA TIMES

In keeping with the times, coaching went digital too. Online programs on ICF coach Training started on April 18 2020.



Guest speaker @ INSEAD alumni online event



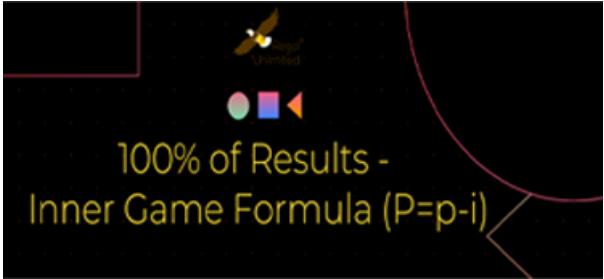
Guest speaker @ Founder's India, Bangalore Chapter



Managing Career Transitions @ Crisis

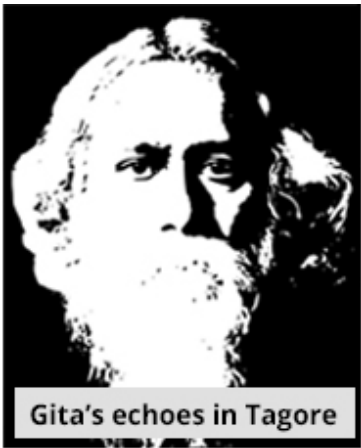


Testimonials for Regal Unlimited



Event Recommendation: Inner Game experience week 2020

HEALING



LAUGH & LEARN



UPCOMING EVENTS

New online/live, weekend batch I
Saturday, June 20, 2020

Regal Global Webinar - Resilience during a Time of Change I Tuesday, June 23, 2020



BLOGS



LISTEN. IT IS TELLING YOU SOMETHING

I was heading the international business of a growing organization, traveling more than 200 days a year, opening new markets, and new businesses. I was on a high. Making good money and achieving more than what I or the management desired.

Early March 2018, I was drawing up the business plan for the next financial year, I was feeling a bit drained. As you know, for every business in India, the first of April everything is reset to Zero. All achievements & accomplishments are nulled. [Read more](#)

Madhu Kanna, Executive Coach PCC, ICF



WHAT IS THAT ONE THING YOU WILL DO DIFFERENTLY IN THE FUTURE?

Co-Rona to Coro-Na: Lockdown Exit strategy

What if we are closer to the end of lockdown. A new normal, as we may call it, almost cliched!

This is perhaps the worst challenge we will face in our lifetimes. It depends how we take lessons into our future, individually and collectively. Physical distancing (social distancing is an oxymoron for human beings!), masks, travel restrictions, et al could be the way the future will be re-defined. [Read more](#)

Subash CV, MCC (ICF)

Best wishes.
Team Regal Unlimited

