

PEER BULLETIN

Navigation Tools for the Heart, Mind, and Soul™

AUGUST 6, 2013

ISSN: 1488-6774

NUMBER 227

A Magazine for Peer Assistance, Mentorship, and Coaching (International Edition)



Peer Resources

FEATURE ARTICLES

4 **The City-Wide Peer Assistance Program**
By Rey Carr
A unique peer program for youth shows how they help each other create a caring community.

13 **Guidelines for Using Questions in Conversations**
By Barbara Varenhorst
The guiding mentor of peer assistance details how to help students learn question skills.

22 **Don't Leave Your Mentors Alone**
By Ann Rolfe
A mentoring expert describes a model to support mentors.

23 **The First Life Coaching Survey Directed at Clients**
By Bill Dueease
Finding out what clients actually believe about coaching is rare. This survey will end the draught.

24 **Coaching & Certifications: A Brief Historical Overview**
By W. Michael King
The author examines whether the delivery of coaching is based on a pyramid scheme model.

NEWS

35
Exclusive Offers for Members

38
Demographics

39
Peer Bulletin Quiz

40
What's New

43
Champions

45
24 Funding Opportunities

52
Research Studies

55
Books for Review

56
Attend an Event

57
Copyright

SHORT & SWEET

National Events in Canada **28**
A Mentoring Symposium in November 5-7, 2013 will bring together experts and practitioners in youth mentoring; and the first Peer Support Conference will take place April 30 to May 2, 2014.

Mentors in Memorium **29**
Three mentors, R. Roosevelt Thomas, Jr., Cesária Évora, and Leon Barzin inspired many in ballet, diversity, and soulful song.

From the Sourcebook of Coaching History **30**
By Vikki Brock
Merging Eastern and Western thought enticed many to practice coaching in the New Age.

We Need Help to Promote the Peer Bulletin **31**
The Peer Bulletin staff asks for testimonials and shares ideas about which types have influence.

Tweets from Peer Resources in July **33**
A selection of the timely & relevant tweets sent to Peer Resources Network members.

Caution Regarding TV-RFP **42**
Peer Resources staff examined the RFP for a Life Coach to host a new TV-reality show and cautions coaches to be wary of the result.

FROM THE SOURCEBOOK OF COACHING HISTORY

MERGING EAST & WEST ENTICED MANY TO PRACTICE COACHING IN THE NEW AGE

VIKKI BROCK



(Editor's Note: Vikki Brock has graciously prepared a number of brief stories from her book: *The Sourcebook of Coaching History*. Each month during 2013, the *Peer Bulletin* is privileged to include one of these stories. Note: Links typically are for current work of group or individual.)

New Age is a term applied by sociologists and the media to describe a diverse and eclectic cross section of the citizenry practicing diverse and eclectic lifestyles and disciplines. The New Age movement began in the late 1960s and early 1970s, and contains elements of age-old spiritual and religious beliefs and practices—most of which were inspired by the great thinkers and philosophers of the East and West. Stevenson (2000) describes how this intellectual movement gained momentum as the West became disillusioned about the progress of science and technology, and turned to Eastern thought for spiritual renewal and reintegration. This movement provides an alternative to organized religion and academic knowledge.

The New Age movement is based on the belief that human consciousness has begun to reach a new state of awareness and improvement around the globe. Marilyn Ferguson, in her 1980 book *The Aquarian Conspiracy*, suggests that the human mind possesses a heightened spiritual capacity which will bring people together to find peace and respect, to nurture the environment, and to realize their inner potential.

Some other elements of the New Age movement include reincarnation (a basic tenet of Hinduism and Buddhism), karma (a cosmic scorecard), soul mates (which has roots in Plato and is similar to Carl Jung's anima/animus), I Ching (which contains answers to questions from Taoism and Confucianism), astrology (from Greek and Roman culture and related to Carl Jung's archetypes and personality traits), numerology (based on the Pythagorean belief that reality could be reduced to numbers and mathematical principles), and mandala (a Hindu and Buddhist device to enhance meditation and find focus).

The contrasts between Eastern and Western philosophy were used in the New Age movement to establish a basis for merging deeper spiritual practices with logic and reason. Many would debate the applicability of this merger for coaching, and yet the concepts behind them not only serve as philosophical roots for coaching but also served to entice many additional persons into the coaching field as a way to practice the fruits of this merger.

Ferguson, M. (1980). *The Aquarian conspiracy: Personal and social transformation in the 1980s*. Los Angeles, CA: Tarcher.

Stevenson, J. (2000). *The complete idiot's guide to Eastern philosophy*. Indianapolis, IN: Alpha.