## FEATURE ARTICLES

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**Piercing the Veil of Fear: A Unique Approach to Coaching**  
*By Valerie Woods*  
A skydiving coach helps clients make life transformations.

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**Beyond the Hurt: Bullying and Harassment Prevention Program**  
*By Christian Bates*  
The Canadian Red Cross uses youth facilitators in a nation-wide program to foster health.

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**Are Givers More Successful Than Takers in the Business World?**  
*By Leah Eichler*  
Three ways of being with others affect the success of mentoring and productivity in the workplace.

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**Book Review**  
Lisa Lucas reviews Elaine Cox’s book *Coaching Understood: A Pragmatic Inquiry into the Coaching Process.*

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**The Role of Technology in Improving Mentoring Outcomes**  
*By Rey Carr*  
Is Hi-Tech compatible with Hi-Touch? Ten criteria to select the most appropriate e-solution.

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**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.

## NEWS

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## SHORT & SWEET

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**Three Featured Conferences**  
*Coaching in Leadership and Healthcare Conference in Boston; a National Mentoring Symposium in Banff; and a National Peer Support Conference in Halifax.*

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**Mentor Trainer Certification**  
A three-day workshop that leads to mentor trainer certification will be held Oct 1-3 in Phoenix and co-led by *Peer Bulletin* Advisory Board member Dr. Lois Zachary.

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**Mentors in Memorium**  
Three mentors, Martin Luther King, Jr., Mary Parker Follett, and Jonathan Winters inspired many in comedy, spirit, and the workplace.

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**From the Sourcebook of Coaching History**  
*By Vikki Brock*  
Coaching can count Bill W. and Dr. Bob as early contributors.

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

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**Tweets from Peer Resources in August**  
A selection of the timely & relevant tweets sent to Peer Resources Network members.
(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.)

Twelve step programs figure into the roots of coaching. James Mannion (2005) said about the mutual aid fellowship founded in 1935 by Bill W. and Dr. Bob in Akron, Ohio.: “Alcoholics Anonymous is one of the most successful action plans for self-improvement. It included a concept of a power greater than ourselves, and was motivated by enlightened self-interest. Its premise is simple: get a group of people together who are simultaneously struggling to combat a common problem.”

Many of the slogans used within twelve step programs have come into widespread use in our culture and are unknowingly used by coaches, including these examples:

- One day at a time. (ancient philosophy that transcends East and West)
- Stop, smell the flowers, and don’t take the first drink.
- Principles before personalities.
- Do the footwork and turn over the results.
- Take what you can use and leave the rest.
- Attraction rather than promotion.
- H.A.L.T meaning hungry, angry, lonely, tired.
- “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” (Serenity Prayer of St. Francis of Assisi as a meditation to reflect upon and a source of succor.)

A.A. members are encouraged to “work the Steps,” usually with the guidance of a voluntary sponsor. (A sponsor is a more experienced member who has worked the Steps before, usually of the same sex as the person he or she is sponsoring, and freely chosen—and just as freely ‘fired’ by the sponsored person.) Much like a mentor, a sponsor is a person who has been around the block vis-à-vis recovery. These people do not claim any special wisdom; they merely know what worked for them and help themselves by helping out the next fellow.

Reference

"Before it was known as ‘coaching’ Peter Drucker (1909–2005), a management guru of Austrian descent, believed his job was to ask questions and the client’s job was to provide answers.”

~ Vikki Brock ~
Executive coach and coaching historian
Biography