

PEER BULLETIN

Navigation Tools for the Heart, Mind, and Soul™

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Peer Resources 

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SHORT & SWEET

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

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Coaching can count Bill W. and Dr. Bob as early contributors.

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MODERN COACHING CAN COUNT BILL W. AND DR. BOB AS CONTRIBUTORS

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.)

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

Mannion, J. (2005). *Essential philosophy*. Avon, MA: Adams Media.

"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](#)