Navigation Tools for the Heart, Mind, and Soul™

Girls’ Leadership and Mentoring in Africa
By Karen Austin

What Makes a Good Mindfulness Coach?
By Daniel Goleman

The Top Ten Insights from the Science of a Meaningful Life
By Greater Good Science Center

New Book Reviews
By Patrick Williams, Harvey Schachter, and Deborah Kinvig

New Email Regulations in Canada: Are You Prepared?
By Rey Carr

Plus a graph on Presentation Errors; A Tribute to Three Mentors & Their Legacy. And News about Champions, New Stuff, Conferences, Funding & Employment Opportunities, and Research & Resources
<table>
<thead>
<tr>
<th>PAGE</th>
<th>FEATURE ARTICLES</th>
<th>NEWS</th>
<th>SHORT &amp; SWEET</th>
</tr>
</thead>
</table>
| 4    | Girls’ Leadership and Mentoring in Africa  
*By Karen Austrian*  
The future of this part of the world depends on providing safe places and key principles for girls to help each other to succeed. | 36  
Exclusive Offers for Members | 12  
The Biggest Mistakes in Making Formal Presentations  
Mike Figliuolo shares what bothers audience members and interferes with learning in presentations. |
| 13   | What Makes a Good Mindfulness Coach?  
*By Daniel Goleman*  
Increased attention to mindfulness requires selecting the right coach. | 40  
Peer Bulletin Quiz | 30  
International Coach Federation Certification Options  
A comparison of the different requirements for ICF certification. |
| 15   | The Top Ten Insights from the Science of a Meaningful Life  
*By Greater Good Science Center*  
Research yields some practical answers to questions about happiness and meaning in life. | 41  
What’s New | 31  
Mentors in Memorium  
Three mentors, Marian McPartland, Dag Hammarskjöld, and Tom Clancy inspired thousands and left a legacy in service, improvisation, and storytelling. |
| 25   | New Book: “Coaching for Breakthrough Success”  
*Review by Harvey Schachter*  
A new book by Jack Canfield and Peter Chee has value for practitioners. | 43  
Champions | 32  
Email Law Passed in Canada  
The advent of Bill C-28, which is now law in Canada, requires more accountability and transparency, violations of which can result in hefty fines. Are you complying? |
*Review by Deborah Kinvig*  
An executive coach with nursing experience reviews this book by K. McNally & L. Cunningham and hears from the authors. | 45  
26 Funding Options + RFP | 33  
From the Sourcebook of Coaching History  
*By Vikki Brock*  
Coaching in Korea was initiated by an U.S. coach training group with award-winning results. |
| 29   | New Book: “Evaluation of Peer and Prevention Programs”  
*Review by Patrick Williams*  
This book from D.R. Black, E.S. Foster, & J.A. Tindall is rated as the best peer program evaluation guide with practical tips and ideas. | 53  
Research Studies | 34  
Tweets from Peer Resources in February  
Tweets sent to Peer Resources Network members with several key links to resources unavailable for the January Peer Bulletin. |
FROM THE SOURCEBOOK OF COACHING HISTORY

COACHING IN KOREA ORIGINATED FROM AN AMERICAN COMPANY

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 2014, the Peer Bulletin will include one of these stories. Note: Links typically are for current work of group or individual.)


Korea Coaches Association held the first annual conference in 2004 to promote coaching in Korea. Sandy Vilas, the first ICF co-president, was a keynote speaker at this conference that was attended by over 350 coaches and media reporters. With the leadership of Ken and Susan Gimm, Edward Choi, Dooyun Kim, and Euisook Hong, the success of this conference did much to educate Koreans about the coaching profession. In 2005 Susan Gimm signed a license agreement with The Coaches Training Institute and founded CTI Korea, and by 2008 the ICF approved the first Korean-language ACTP program (K. Gimm, 2006, pers. com.).

Paul Jeong established NCD (Natural Christian Development) Korea in 2000 and licensed the TLC Christian Coaching in 2002 from Dr. Joseph Umidi of the Regent University. An ICF Master Certified Coach and IAC Certified Coach, Jeong’s coach training program was accredited by the ICF on February 25, 2001. When Top Human closed their business in China, Jeong’s Global Coaching Company (GCC) stepped up to provide coach trainings in China. Based on Western and Eastern integration, by 2009 his company was providing training in China, Korea, Dubai, India, United States, Europe, and Lebanon. In 2006 Jeong founded ICF Korea Seoul, which won the 2008 ICF Chapter Award Finding Our Voice-Marketing/PR in the small chapter category.

(This article is available as a PDF here.)

Earl Nightingale (1921-1989) pioneered the personal development industry with the philosophy of “we become what we think about” and inspired others to reach their highest potential.