



**January 2023  
President's Corner**  
Shannon Norman MBA, SHRM-SCP, PCC

Hello to the ICF STL Charter Chapter!

As I get acclimated to the President role, I'm excited to be a part of this chapter and work with the other board members. So far this month, the board has met virtually to complete board orientation. While all of our board members are volunteers, they do contribute a good amount of their time to help our chapter progress. We also met in person for our annual strategic planning to determine what our priorities will be. I'm sending a huge shout out to thank the board for all of the extra time commitments recently!

We agreed to keep the normal scheduled cadence of monthly meetings, the 4th Tuesday of each month, excluding July and December. The meetings will begin at 5:30 pm cst to allow for time to network with each other. Announcements will begin at 5:50 pm and the presenter will follow and conclude by 7:30 pm. The monthly meetings will continue to be virtual based on feedback up to this point. We will add one or two in person events in addition to the annual holiday celebration and the coaching cafe's.

We want to hear from all of you! This desire leads us to the planning of a member survey. Be on the lookout as it should be rolled out over the next few months. This survey will be essential in guiding our direction.

We invite you to consider serving in one of the open board positions by reaching out to me to learn more. My email is: [shannonnormancoaching@gmail.com](mailto:shannonnormancoaching@gmail.com)

The current vacancies are:

- Co-Programming Director (the other role is filled by JP Ramon)
- Hospitality Team (seeking 2-3 members)
- DEIJB Director (diversity, equity, inclusion, justice, and belonging)
- Marketing & Media Director (Paul Diem will continue in the Media Chair role)

### **Learning Opportunities**

**Our next ICF St. Louis Chapter Programs**



Tuesday, February 28, 2023  
at 5:30pm CST



## Strategic Silence: The Key to Holding Space

with Dr. Laura Janusik

Newer coaches often say they feel like an imposter or fraud because they don't know how to add value to their clients by listening. More experienced coaches identify their ability to Hold Space as one of their strengths as a coach. It's in silence that coaches provide the client with time to think so they can find their own answers. That is the paradox of Holding Space.

February program registration link:

[https://www.icfstl.org/content.aspx?page\\_id=4002&club\\_id=597662&item\\_id=1866511&event\\_date\\_id=255](https://www.icfstl.org/content.aspx?page_id=4002&club_id=597662&item_id=1866511&event_date_id=255)



Join us for

# COACHING CAFE

March 10, 2023  
10:00 AM  
Panera Bread  
1909 S. Brentwood

**REGISTER HERE**



March program registration link:

[https://icfstl.org/content.aspx?page\\_id=4002&club\\_id=597662&item\\_id=1903429](https://icfstl.org/content.aspx?page_id=4002&club_id=597662&item_id=1903429)

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