

Coaches Tap Into Potential... Again

Cheryl Mann President, Goals InSight Coaching
Carol Yamartino Principal, Yamartino Group LLC

This year's Leadership Conference continued an exciting program to help HBA members unlock their potential and bring out their inner wisdom. "Tune Into Your Potential: Coaching for Leadership Success" was a sold-out program of 60 personal coaching sessions with one of 11 certified executive coaches over the conference.

The feedback from participants was overwhelmingly positive. **Liz White**, Senior Manager Payer Marketing, sanofi-aventis, commented just days after the conference that: "I have already started to implement my plan of action and am focused on what I plan to accomplish in 2010 and beyond."

Coaching discussions covered topics ranging from career transitions, leadership skills, challenging employees, shifting priorities and conflict management. Participants received a confidential, one-on-one, 45-minute coaching session and experienced many epiphanies regarding new ways to think about their lives and careers.

According to **Jungsoon (JS) Noh**, Public Affairs Director-Primary Care Business Unit, Pfizer Inc., "I really appreciated the



Back Row (L to R): ANN GRANA, HELEN COOKE, ELAINE CROWLEY, JOHN COOPER, AND SUSAN MORRIS. Front Row (L to R): TERI PAPPAS, CAROL RIGNEY YAMARTINO, CHERYL MANN, AND LAURIE WESSELS.

Missing from the photo: JEAN FULLER, DENISE GREEN, STEPHANIE MCCRAY, CHARLOTTE TOOTHMAN, AND EILEEN WOODS.

opportunity. My own life had been ignored and drifting without a specific goal or plan; this will change. My coach empowered me to see the current situation in a very objective way and take control of my life, as well as my work."

Coaches also expressed their enthusiasm. **Helen Cooke**, Managing Director of Cooke Consulting Group, LLC, said: "As a coach, it was truly gratifying to support individuals in crystallizing their best thinking regarding how they will tackle their 'burning issues' in light of the tools and insights provided throughout the conference. The positive energy was palpable!" **HBA**

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