

Arizona Charter Chapter– Edited Chat Transcript from 3/22/2020 Zoom call: “Coaching in Crisis: The Coaches Response to Covid-19”

What have you done to stay connected?

- Offering free coaching services to members in my community
- Created Facebook groups to stay connected
- organized a group hangout on zoom
- I've introduced a lot of my in-person groups to Zoom meetings.
- set up a daily Zoom call with our 4 boys and 9 grandkids
- Large video chats
- I hang out over zoom with people in Vancouver BC but also my family members in the Netherlands
- I've had virtual happy hours and virtual card games with friends
- regular meetings with friends
- I have sent emails to all my clients to check in
- I have looked at people in my phone contacts whom I haven't talked to in a while and called them.
- Reaching out to family, friends, etc.
- Video chats! Impromptu
- We've been having “on-wine” conversations and virtual happy hours, plus FaceTime coffee gatherings.
- calling family members, video chats
- some social media motivational quick video's
- phone calls, FaceTime, zoom meetings
- Have utilized my Zoom account to have virtual happy hours with old book clubs, women's groups, families
- Group Zoom call
- Working with colleagues to create collaborative on line spaces.
- Created group texts to friends and colleagues
- Offering coaching for local businesses - 5 of us
- I've been to three virtual happy hours with people I have never met. Fun! One locally is bringing me gluten free bread after this call
- Virtual happy hour with friends in other cities
- Virtual beers with friends
- Set up a standing zoom conference call for joining in for "tea time" every day at 4:00pm
- connecting with every client
- FaceTime
- calls and texting
- Offering free coaching sessions, checking in with family and friends, group texts/coaching pods
- Arranging coffee chats for colleagues!
- Virtual 'family dinner'
- Reaching out to people who I've not talked to in a while
- Webinars for building immune system and Grounding
- Going for walks in the park

- family virtual poker game, connecting with other coaches
- I've hosted my Toastmaster Club via Zoom, and gathered various groups via Zoom.
- Tonight I'm having a family night with games - 3 truths and a lie, have used Facebook, Linked In, phone, WhatsApp
- Gardening
- using WhatsApp with neighbors; sharing heart pics in our window for kids out on a 'treasure hunt'
- I have put inspiration on Instagram and LinkedIn
- I have been calling people, facetimeing with groups, using teams & zoom to coach with the video on!! It's been AWESOME!!!
- virtual happy hour
- Zumba on line
- Talked to my friend about driving-over and each of us walking on each side of the street (6" apart) for exercises and for seeing a living breathing person.
- sent appropriate videos to nieces and their children
- Texting, emailing friends with jokes and funny cartoons, calling
- texting and using WhatsApp to connect with others
- I sent my clients a poem
- cooking for neighbor
- Having "onwine" time :) virtual happy hour
- More social media posts and checking out on distant family members more...driveway Zumba
- I mowed my 95 year old neighbor's lawn
- Teaching friends to use Zoom
- zoom happy hour with friends
- more phone calls to family and friends
- Daybreaker event with BFF in NYC
- Simple stuff... free coaching...meeting on the balcony....
- Fam zoom time
- Cooking more for my kids!!
- Cousin FaceTime chats
- Connecting via Kids messenger to the grandkids
- buying groceries for people who are isolating
- Baking with my kids
- Wednesday Serving of Wellness 12pm and 7pm each week
- Had Zoom call with my 81 YO mom, sis, and two nieces.
- learning a new language online
- Playing Yahtzee over FaceTime.
- Taking soup to my elderly neighbors
- shopping and cooking for seniors
- Cooking a lot!
- working out with my kids
- playing scrabble
- Riding my horses with a Friend
- online yoga!

- reading to my grandkids
- Dropping off notes of thanks to care staff and senior residence
- Online Pilates
- enjoying the beautiful Arizona weather
- Thanking the people who work in grocery stores

One year from now, as coaches, what do we want society to be saying about coaches' responses to COVID-19?

- Provided joy in helping others accepting their new normal...
- Helped them gain a sense of control over what they can control
- Greater awareness of connectedness and bringing grace to humanity. We're all in this together
- We supported our client's growth, offering a distinct value through this unique time.
- We were perceived as a steady hand and the rocket fuel to support our leader's resiliency
- Not just helping people get through it, but helping to bring a sense of compassion and humanity back into society.
- Coaches were on the frontlines, easing the transition, navigating through the chaos, triage their lives
- Coaches were proactive, willing to listen and available.
- Coaches were point people to help guide them into their inner selves
- Coaches helped people understand that we can remotely connect
- Cut through the heeby-jeeby lovey-dovey to real value
- Coaches were there for me!
- Coaches walk the talk and model self-care and self-awareness.
- We didn't go it alone
- We elevated the coaching profession - a coach for everyone
- Gave a sense of control and forward action, yet also helped ourselves as coaches, which has a ripple effect.
- Fabulous opportunity to step up our game and contribute to society holistically and demonstrate the role of a coach - we DO make a difference.
- "I don't know what I could have done without my coach"
- "You started me on a change in the strangest of times"
- Coaches would be seen as a whole constellation of providers for our well-being
- Helped people shift their emotional field. Laughter helps with this.

Beyond webinars like this, what is the number one thing that ICF Arizona (or your chapter) can do to add value to you and your coaching practice?

- More of these webinars - very uplifting and helpful to connect and hear from you all.
- Thank you for this. Will be sharing with others as it is so needed. I say, let's pay it forward and spread courage and positivity.
- Spread this vibration to 100 more people
- Laughter club! ??
- More sharing BETWEEN chapters - like tonight.

- Promote the coaching profession
- Supporting communities in times of need through coaching.
- This was wonderful. Thank you so much for inviting coaches from all over.
- Helping us to stay in a positive place through the community and each other
- Being held and feeling felt in community
- Offer coaching services to medical professionals and any in the non-profit world
- Provide community and best practices to support each other in upper our game.
- Thank you, more webinars likes this.
- These webinars are great! More of this!
- Platforms such as this for us to connect and learn from our experience
- Offering these types of venues to connect and draw strength and insight
- Webinars and the breakouts help to mix the theory and ground the practice - do a coaching session as part of the webinar
- Professional Development - growth!
- Not sure if this already exists, but a spot where new coaches can connect with mentors.
- Love to see more inter-chapter online meeting like this! Great way to spread the love and inspiration around
- Our chapter needs to stay in touch, to offer resources as they come up or do a webinar of its own like this.
- Continue the dialogue about how to elevate the coaching profession (discussed in group 2)I was having a dip in my personal road today and this was exactly what I needed. Thank you, thank you! Happy to feed it forward....Thank you Joy!!
- Promote that we are there for people
- I appreciated the break out rooms - time to connect and discuss with a small group
- Forums for coaches to share and to share resources.
- How to help us grow our coaching practice - how to have powerful enrollment conversations that convert, new ways to package coaching offers etc.
- Promote coaching as something to be utilized during this time. Times of crisis are a great place to use a coach.
- Mentorship opportunities and organizing opportunities for social/community impact through coaching.
- More sharing of the collective knowledge and compassion, like this was today!
- Thank you so much for taking the lead on this, Connie, Joy, and Pat.
- Please keep sharing between chapters and promote the coaching profession
- Share articles and resources that show the science / benefits / definition / practices of personal resiliency ... resources we can share with clients
- Yes to everything people are saying here. And continue to host these events. Thank you so much for creating this space for us to reflect and connect together
- Share resources of current groups of coaches that are offering volunteer time and that can connect us to the most impacted. Healthcare professionals for instance.
- Practical methods for connecting to those who need and can benefit from our desire to serve...
- Sometimes coaches need to be reminded that they too are supported. Thank you ICF for holding this webinar, more of this outreach will help us be more effective and remain present

- Thanks so much for the invitation to this special, and oh-so-needed event!!! More virtual training/connecting like this would be amazing going forward. Perhaps a check in with this group (and others) 6 and 12 months from now???
- In fact for me it will be to actually attend what my ICF chapter is doing!
- Mentor opportunities
- To think about our ability to use our connections at ICF Vancouver to offer coaching to the broadest base, share our gifts
- The contagion of courage, positivity and wide angled empathy
- Organizing events like this where coaches can connect and share what's going on for them, feel empowered, feel energy to mobilize for positive change following Joy's ideas, so that we don't return to the old status quo
- Sharing of quotes and articles...and more of this
- Thank you very much for the invitation to this event! I am taking away some gems
- Great opportunities to come together like this and brainstorm
- Resource sharing forums
- Let's find a way to support the people on the front lines
- Thanks so much for creating this call and showing leadership
- Additional resources we can share for our clients and friends. Some great ones shared this evening, thanks.
- With gratitude to all of you who made tonight happen!!
- This has been a very powerful, lovely gathering. Much gratitude to everyone on the call.
- ICF Chapters collaborating on events together
- Mentoring connections for members
- Yes, more around elevating the coaching industry to the world
- Help set up virtual coffee chats with members
- I leave here feeling connected and inspired to pay this forward in my community.
- I wonder if through ICF, coaches could sign up to offer services for free to assist people in need
- Wonderful event! It would be great if we could organize a way for us to connect with health care workers for free coaching.
- Look to collaborate with other chapters
- Capitalize on the momentum started. Recognizing that I don't know what that means. We need to figure this out together. An amazing start!
- We as chapters tend to focus a lot on education, but tonight has showed me the amazing value in fellowship, sharing, being human, supporting each other!