

# choice

the magazine of professional coaching

VOLUME 16 NUMBER 3

## features

**24 CHANGING OUR CLIENT, CHANGING OURSELVES**  
Coaching and the mind-body connection  
*By Barbara B. Appelbaum*

**27 BREAD CRUMBS IN THE FOREST**  
How coaching changes the brain, mind, body ... and being  
*By Ann Betz*

**30 BODY, BRAIN & BEHAVIOR**  
Must-know truths about the neurobiology of coaching  
*By Amanda Blake*

**33 COACHING THE WHOLE SYSTEM**  
Hormones, neurotransmitters & coaching  
*By Elise Zhu*

**36 CHANGING YOUR MIND**  
The impact of coaching on the brain  
*By Kim Redman*

**39 POSITIVE PATHWAYS**  
Empowering coaches to strengthen clients' brains  
*By David Giwerc*



36



24



42

## columns

**19 perspective**  
**WHAT'S THE STORY?**  
Engaging the three brains with stories from the future  
*By Brian Gorman*

**22 impact**  
**CONSCIOUSLY CREATING AMAZEMENT**  
Take charge of your words, thoughts & actions  
*By David McNally*

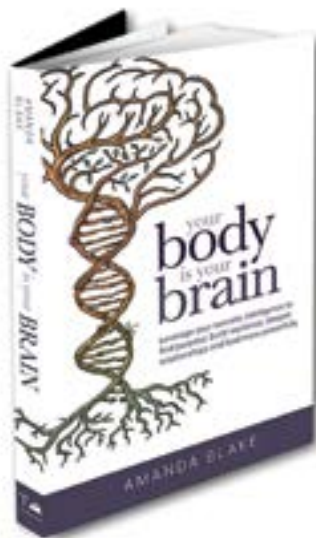


33

**42 corporate leadership**  
**HEALTHY CONVERSATIONS, HEALTHY ORGANIZATIONS**  
Becoming a conversationally intelligent coach  
*By Judith E. Glaser*



12



**PUBLISHER & CEO**  
Garry T. Schleifer, PCC, CMC

**MANAGING EDITOR**  
Janet Lees

**ART DIRECTOR**  
Suzanne Lacorte

**PROOF READER**  
Anita Hunter

**BUSINESS DEVELOPMENT  
DIRECTOR**  
Garry T. Schleifer

**EDITORIAL BOARD**  
Carol Adrienne  
Terl-E Belf  
Laura Berman Fortgang  
Rich Fettke  
C. J. Hayden  
Dorcas Kelley  
Pamela Richarde  
Phil Sandahl  
Iyanla Vanzant

**CANADIAN OFFICE:**  
2261 Lake Shore Blvd. West,  
Suite SPH8  
Toronto, ON, Canada M8V 3X1  
1-800-553-3241

**US OFFICE:**  
793 Center Street, Box 268  
Lewiston, NY, USA 14092

The views presented in this magazine are not necessarily those of Choice Magazine Inc. Copyright ©2018. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Printed in the USA

choice (ISSN 1708-6116) is published quarterly for \$39.95 US (plus applicable taxes and shipping for non-US subscribers) per year by: Choice Magazine Inc., 2261 Lake Shore Blvd. W., Suite SPH8, Toronto, ON, Canada M8V 3X1

Send address changes to:  
savvy@choice-online.com

Reproduced with the permission of choice Magazine, www.choice-online.com

www.choice-online.com

Reproduced with the permission of choice Magazine, www.choice-online.com

16

## departments

- 5 choice thoughts
- 8 contributors
- 10 coaching tools
  - PRODUCTS REVIEWED:**
  - Wisdom of Aging
  - Angels Peacocks & Butterflies
  - Conversational EQ
  - Google Keep
  - Todoist
  - By Terry L. Green & Marcy Nelson-Garrison*
- 12 choice books
  - BODY INTELLIGENCE**
  - Tapping into our "human" resources
  - By Kat Knecht*
- 14 sticky situations
  - "HOW DO I TACKLE MY CLIENT'S TARDINESS?"**
  - By Craig Carr, Suzi Pomerantz & Victoria Trabosh*
- 16 coaching mastery
  - FACING OUR PATTERNS**
  - Changing from the inside out
  - By Janet M. Harvey*

## 46 industry news

### FROM OUR ROOTS TO BEYOND

ACTO conference looks to the past, present and future of coaching

### A SENSE OF COMMUNITY

Gay Coaches Conference brings together a support network of peers

### ICF MIDWEST REGION CONFERENCE

Coaches connect in Pittsburgh




### HONORING LEADERSHIP

ICF Young Leader Awards and Circle of Distinction Awards

## 47 save these dates!

- 50 final say
  - CHANGING MY MIND**
  - How I learned that everything is learnable
  - By Carl Dierschow*

### CONNECT WITH US:

-  facebook.com/choicemagazine
-  twitter.com/choicemagazine
-  linkedin.com/groups/101430