

REINVENTION • OPPORTUNITY • FUTURE OF WORK • RECIPE FOR CHANGE

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# choice

the magazine of professional coaching

## REIMAGINING *Coaching*

How our profession is  
pivoting



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Michael Bungay Stanier led an outstanding workshop on setting “worthy goals” that coaches can also introduce to their clients.

**T**he premier annual event for Canadian coaches, ICF Toronto’s conference was a huge success. Evolve 2021 brought together coaches virtually in mid-November to learn and network. With a tagline of “Coaching Moves the World,” the conference deepened participants’ learning of Eco Coaching; Equity, Diversity and Inclusion in Coaching; Presence and Mindset; and Business Excellence.

Through the conference platform, Remo, participants could choose to participate in different rooms, complete with a cute little knock on the door when a participant entered a breakout room. The platform showed which participants were in a particular room, facilitating networking.

Participants appreciated connecting with friends and new colleagues and learning with them, visiting the trade show, and joining in lively discussions about speaker content and application in the Evolve Cafés. There was even musical bingo with a DJ and dancing from the comfort of your own home.

Marilee Adams opened with a reminder to change our questions to get off the judge path and on the learner path. Throughout the week the learner

# Evolve 2021

## ICF Toronto Conference

mindset was evident among conference participants. The learning map is one of those “oldies but goodies” that help clients stay out of the swamp.

Coming off the heels of the Glasgow Climate Change Conference, participants were challenged to bring eco-awareness into their coaching. Josie McLean busted myths about climate conscious coaching. If not us, then who? If not now, then when?

Participants expanded learning of the neuroscience behind coaching, with rich learning on presence and mindset. Ann Betz shared four ways to supplement your and your clients’ brain in her presentation, “Your Brain is not Enough.” Dr. Irena O’Brien deepened participants’ understanding of how neuroplasticity creates brain flexibility for coaching clients.

In support of ICF Toronto’s commitment to Equity, Diversity and Inclusion, there was a focus on learning intercultural coaching with Dr. Akasha, who helped participants “listen to see.” Arawana Hayashi led participants through Social Presencing Theater, an interactive workshop of embodiment. Nobantu Mpotulo shared a powerful mantra of UBUNTU coaching and a delicious exploration of the senses.

ICF Toronto members took center stage with Dr. Shahab Anari authentically sharing his story of building success as a new immigrant to Canada and helped participants see what is possible with concrete coaching business building suggestions. Shahab was a great follow

on to Rich Litvin sharing his proven approach for growing a prosperous coaching practice.

Back by popular demand, another ICF Toronto member, Dr. Carlos Davidovich, helped enhance understanding of Unconscious Bias. Wendy Woods led us through a beautiful meditation and there were some valuable takeaways from Jennifer Britton. Former ICF Toronto board member Michael Bungay Stanier supported participants in creating thrilling, important and daunting goals.

Jane Graydon, President ICF Toronto, opened and closed the conference. She challenged participants to evolve to increase the impact of coaching as a source of positive and desperately needed change in our world.

Thanks to conference chair Robin Mahadeva and the entire conference team. ICF Toronto is grateful to the title sponsor Ivey Academy; Silver sponsors Odgers Berndtson and Potentials Realized; and Bronze Sponsors Adler School of Professional Coaching, Emotional Intelligence Training Company, Business Coaching Advantage, Essential Impact, Tilt 365 and Supporters Gestalt Coaching and choice Magazine. •

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**10th European Conference on Positive Psychology (ECP)**  
[ecpp2020.com/registration](http://ecpp2020.com/registration)