



Energy and Health

Index of Items

- [Editor's Letter](#)
- [The ECI](#)
- [Article – Wellbeing, Vitality and Productivity](#)
- [Accredited Training Courses and Workshops](#)
- [ECI Benefits for our Members](#)
- [Top Tips – 10 Ways to Support Your Health](#)
- [Members Offers](#)
- [ECI Sponsored Workshops](#)
- [Article – Raising Energy Awareness](#)
- [Recommended Reading](#)
- [Article - Wellness in the Workplace](#)



ECI's
Coaching Blog

Editor's Letter

Hello Everyone

Welcome to the June Edition. As we approach the half point of the year it is a great time to stop and reflect on and be grateful for, our health.

It is also a great time to spend a few moments thinking about how to increase energy if feeling drained with everything that is happening in your lives. What one action will automatically make you feel better? Give it a go this week and see how you feel.

We hope that you enjoy this edition and forward the newsletter to family and friends.

“The first wealth is health” - Ralph Waldo Emerson

The Inaugural ECI Australasian Coaching Conference – “The Future of Coaching – Embracing the Opportunities of the 2010s” is taking place in November. For further information and prices, click on:

http://www.europancoachinginstitute.org/conference_2008/



Anna.

Anna Cairo, Assoc
Newsletter Editor
anna@the-eci.org

The ECI

How important is it for coaches to continually market their own coaching practice? The Coach Referral Service provides each Accredited Coach with the opportunity to promote themselves as part of their membership.

To enter your details on the Coach Referral Service, it's a simple process. Login to the members area (<http://www.europancoachinginstitute.org/members/>) and select the following members options:

- Training – enter your training course details using this menu option.
- Workshops – this gives you a chance to enter all the workshops that you have attended.
- Accreditation – your ECI accreditation details will be displayed. Don't forget to enter any other accreditations that you may have.

Index of regular at a glance features

- Definition
- Inspirational Quotation
- Readers Feedback
- Positive Daily Actions
- Acronym
- Thought of the month
- Humour
- Future Features
- Newsletter Team
- Copyright
- Disclaimer

Definition of Health & Energy

Health – noun

1. the general condition of the body or mind with reference to soundness and vigor: good health; poor health
2. soundness of body or mind; freedom from disease or ailment: to have one's health; to lose one's health
3. vigor; vitality: economic health

<http://dictionary.com>

Energy - noun

1. the capacity for vigorous activity; available power
2. an adequate or abundant amount of such power
3. Often, **energies.** a feeling of tension caused or seeming to be caused by an excess of such power

<http://dictionary.com>

- Business Details – select the types of business that your coaching practice encompasses.
- Organisation Memberships – enter all the business organisations for which you are a member. For example, Chamber of Commerce.
- Insurance – this allows you to display your Professional Indemnity Insurance policy details.
- Edit Details – to enter the languages you coach in, your coaching speciality, short description, approach to coaching, a few words from the coach and a number of your testimonials.

Once you've updated all your details, **select the Display option.**

Selecting 'yes' will display your information on the ECI's Coach Referral Service web-pages http://www.europecoachinginstitute.org/coach_referral_service/search.php and also on the International Coaching Register http://www.internationalcoachingregister.org/icr_content/icr_alphabetic_display.php.

Don't forget to check that the details you've entered are those you want displayed.

An important point to note is that to protect you from spam emails but to allow you to be contacted, anyone wishing to contact you directly can do by clicking on the 'I wish to contact ...' button. This will send you an email to your registered email address.

We look forward to seeing you included in the Coach Referral Service.

So you are asking yourself, how can I become an Accredited Coach? To apply for an internationally recognised coaching standard, the ECI's coach accreditation process can be found by selecting the Members Upgrade option, which takes you through to the following web-page - http://www.europecoachinginstitute.org/accreditation/accred_upgrade.php.

As a coach who has trained on an accredited training course, please remember that there is a simplified process for achieving your accreditation.

Any questions or concerns about becoming an accredited coach just [email](#) the ECI's Intl. Head of Accreditation – Cherry Claus.

[return to the index](#)

Wellbeing, Vitality and Productivity

Life Coaching Institute

Sleep

People who are stressed and overloaded usually need more sleep; it is ironic however that their sleep is affected because they are stressed and overloaded. A number of factors can be investigated to help improve sleep (Holford, 2005; Mattlin, 1979):

- Keep to a regular schedule of going to bed: Establish a ritual for going to bed. This might involve reading to children, putting pets to bed, drinking milk, checking the doors and other rudimentary actions. They all help to start to signal to the consciousness that it will soon be time to switch off.
- Exercise regularly.
- Keep caffeine levels low.
- If hungry, eat a light and easily digested meal. Cereal or toast is a good option. Anything heavy will require too much effort in the digestive system, thereby keeping the person awake.
- Have a definite cut off point for the working day, and allow some time before going to bed to wind down. Stretching, yoga, reading, meditating or sex are activities recommended in this time period. Television and the Internet are not recommended.
- Keep a journal and write down the events of the day. This is a way of getting the day out of one's head. A few minutes of reviewing the day, perhaps an hour before retiring can be helpful. Keep it light and don't get into too much analysis of what has happened in the day.
- Don't get into a routine of using sleeping pills or alcohol. They may be effective in a crisis but their usefulness will wear off in a couple of weeks, leaving a situation that is worse than it was before.
- Have a comfortable bed. Many people overlook this, as they become accustomed to what they are sleeping on and they don't realise there is anything wrong. It pays to try different beds until they find one they feel comfortable with.
- Cool bedrooms are associated with successful sleep. Overheating tends to lead to people waking up.

Inspirational Quotation

"When you manage stress better, when you exercise, when you eat better, your quality of life improves."

Dr. Dean Ornish

"Energy is the power that drives every human being. It is not lost by exertion but maintained by it, for it is a faculty of the psyche."

Germaine Greer

"Energy is eternal delight."

William Blake

Readers Feedback

"A great newsletter!! Not only is it well produced with many informative articles (as I've noted in past issues as well) but this edition is based around a topic that is so important for us all to consider at this time.

I think that it's important for us as coaches to raise the awareness around this issue of sustainability as appropriate with either the individuals and/or organisations that we come into contact with through our coaching activities.

Thanks once again for raising the awareness and I wish you continuing success with the newsletter."

Terry Neal, Assoc.

"Just wanted to say – Well Done Anna! This newsletter is fantastic and you've done a great job."

Sarah Hue-Williams, PECI

"Great job Anna. Congratulations from Canada!"

Betska K-Burr, MECI

We would appreciate your feedback on any aspect on the newsletter.

Email the editor!
anna@the-eci.org

Please don't forget to promote the ECI to like-minded friends, colleagues, and clients by forwarding them a copy.

- Keep noise and light to a minimum. People who think they sleep successfully through intermittent noises such as trucks and trains going past may have their cycle of deep sleep interrupted, even if they are not fully waking up.
- If you can't sleep, get out of bed and do something simple. Part of the theory behind this is that lying awake in bed is 'conditioning' someone to associate their bed with being awake. Reading or watching something dull on TV may help, as may stretching or light exercise.
- Warm milk before bed. Studies demonstrate that the tryptophan in the milk acts as a natural tranquilliser when heated. Tryptophan is also found in eggs, chicken, nuts and seeds. Tryptophan is also sold as a supplement but may only be possible to obtain from a doctor.
- Ensure you are not deficient of melatonin. Melatonin is a natural part of the brain's biochemistry, produced in the pineal gland. It helps to regulate sleep and is largely responsible for helping us to stay asleep. People who wake up in the morning and are not able to get back to sleep may be deficient in melatonin. It is available in supplement form in chemists and can provide immediate help to people who are having sleep problems (although should only be taken as directed by a health professional).
- Natural remedies. Natural therapists can be asked for assistance with other natural remedies such as herbal remedies and teas.

As well as these aspects, there are a number of factors that can cause low energy and vitality. The following factors are part of an energy program developed by Cabot (1997):

- Consume anti-oxidants and essential fatty acids to help look after one's cellular level.
- Boost the immune system.
- Cleanse the liver to optimise its function.
- Correct hormonal imbalances.
- Handle any exposure to toxic chemicals.
- Correct inappropriately prescribed drugs.

Are you ready to implement some of these strategies to improve your wellbeing and productivity? Then take action and turn your next resolutions to reality instead of just wishful thinking!

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www.lci.com.au

www.coachingclub.co.uk

[return to the index](#)

Accredited Training Courses and Workshops

Full Coach Training Courses

- Diploma in Life & Business Coaching
Mindstream
info@mindstream.ie
- Diploma in Management and Executive Coaching
International Coaching and Training Institute
info@icti.ie
- Diploma in Personal and Executive Coaching
Executive Coaching Solutions Limited
info@ecsl.eu
- LCH Diploma in Life Coaching (The)
Achievement Specialists
enquiries@achievementspecialists.co.uk
- Life & Executive Practitioner Coach Diploma (DipNMC)
Noble Manhattan Coaching
info@noble-manhattan.com
- Life & Executive Practitioner Senior Diploma (SNMC)
Noble Manhattan Coaching
info@noble-manhattan.com
- Life & Executive Master Coach (MNMCC)
Noble Manhattan Coaching
info@noble-manhattan.com



- Professional Certified Power Coach® Program
Coaching and Leadership Intl. Inc.
Betska@CoachingAndLeadership.com



Further details on all these courses and workshops can be found at
http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=CTECI

Short Course Training Courses

- Coaching Skills for Managers
Reed Learning plc
Eleanor.Maimane@reed.co.uk
- Putting Ageing into Perspective
Mowat Research Ltd
accreditation applied for
- Quantum Goal Achievement
Noble Manhattan Coaching
info@noble-manhattan.com



Further details on all these courses and workshops can be found at
http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=SCECI

Workshops

- Results Coaching
Noble Manhattan Coaching
info@noble-manhattan.com



Further details on all these courses and workshops can be found at
http://www.europeancoachinginstitute.org/coach_training/programme.php?Level=WSECI

[return to the index](#)

ECI Benefits for Members

Professional Indemnity Insurance – [Click here for more details](#)

TAXCafe® - [Click here for more details](#)

Coaching Hours Log – [Click here for access to the log](#)

C.P.D. (continuous professional development) Log – [Click here for access to the log](#)

What other member's offers would you like the ECI to source? Let us know by sending the ECI an [email!](#)

[return to the index](#)

Top Tips - 10 Ways to Support Your Health

1. Eat a balanced diet
2. Exercise regularly
3. Receive adequate sleep each night
4. Be positive in your thoughts and actions
5. Use self care as a number one priority
6. Have regular checkups with a health professional
7. Surround yourself with vibrant & positive people
8. Do what you love
9. Have a creative outlet to express yourself
10. Be passionate

[return to the index](#)

Members Offers

[Build a Booming Business](#)

Betska K-Burr, MECI

[Get Known Fast](#)

Tessa Stowe, Assoc

Your 'Get Known Fast' programme was super value for money and I want to thank you so much for changing my life in many ways Tessa! – [click here](#) for the testimonial written by a member of the ECI

[The Science of Getting Rich](#)

Barbara J. Dalpra, FECI

How would you benefit if you were to promote your own business offers to the ECI's membership?

Take this opportunity to promote your business offers to ECI members. Please [email](#) the following details:

- Offer title
- Organisation name
- Organisation location (country in which you are based)
- Short description of your offer (no more than 250 words) please note - where this description is longer than 250 words, the display posted onto the web-page will end at the 250th word.

Positive Daily Actions

There are many things you can do to create more energy. Here are some examples:

- Get adequate sleep each night
- Eat a balanced diet each day
- Exercise on a regular basis
- Surround yourself with positive people
- Create some time for yourself each day even if it is only 15 minutes
- Worry less about things you cannot change

Members Offers (continued)

- e. Price and currency (please explain whether this includes or excludes VAT, Sales Tax, or any additional costs)
- f. Offer contact details - i.e. web-link or email address
- g. If applicable, offer end date

[Click here](#) for more information.

[return to the index](#)

ECI Sponsored Workshops

The ECI offers their Members with the opportunity to promote their own workshops and short courses. It is important to note that these short courses and workshops are *not verified* by the ECI, and therefore they are not subject to the same scrutiny as the ECI Accredited Courses and Workshops.

[Click here](#) for more information.

Abundance Retreat "Being beyond Technique"	Resolution for Life - Margit Jones-Hochstrasser, Assoc
"Destination Coach"	IC International Ltd - Aileen Gibb, Assoc
"Give Yourself the Gift of Health" Short Course	Rainbow Promise Health - Dawn Campbell, CECI
"Putting Ageing into Perspective" Workshop	Mowat Research Ltd. - Dr Harriet Mowat, Assoc
"The Positive Parenting Made Easy" Workshop	Positive Parents – Confident Kids Coaching Ltd. – Sue Atkins, Assoc
"Transition Retreat"	Resolution for Life - Margit Jones-Hochstrasser, Assoc
"Wisdom at Work"	Incredible Awareness - Noel Posus, Assoc

Take this opportunity to promote your short courses and workshops.
[Email](#) the details of your workshops or short courses.

[return to the index](#)

Raising Energy Awareness

Kirsty O'Callaghan

There are many aspects of health that can affect your energy levels. They include:

- Physical – what you eat and drink, exercise, sleep/rest routine
- Mental – your psychological wellbeing
- Emotional – how you feel
- Spiritual – how centred and hopeful you feel

Of course these aspects are not just limited to these listed above.

The purpose of this exercise is to easily and quickly find an answer and direction as to why you may be feeling low on energy; to pinpoint which of the above aspects are draining your energy rather than sustaining it.

Physical Health

When you eat a balanced diet including mostly fruit, vegetables, nuts, seeds, proteins, yoghurt and oats, your body will function much more effectively each day. Fuel your body predominately with food that is as close to its natural state as possible, that supports digestion and rehydrate yourself regularly. You will be able to sustain your energy throughout the day rather than have noticeable ups and downs. When you do this you will have more energy for everyday activities, as your body will not be using extra resources to process heavy and highly processed food. For some people it is very beneficial to eat 5 small meals per day rather than 2 or 3 large meals. In this way you support your digestion and you feel hungry less. Notice what works for you and then stick to it.

It is well known that exercise increases your energy. People who regularly exercise are reported to not only feel better about themselves but, sleep better, and think more efficiently. As you exercise you are able to clear your mind and work off frustrations regardless of what exercise you choose to partake in. In a busy day it seems impossible to keep to a regular workout routine; however you may choose to park further away from work and walk an extra 15 minutes a day, take the stairs, take your kids to the park more often, walk or ride to the corner store instead of drive.

Acronym

- E –empower
- N –nap
- E –easy going
- R –rest
- G –give
- Y – yoga

- H – holiday
- E – exercise
- A – activity
- L – love
- T – thank you
- H – humour

Mental Health

How you think and feel has an enormous affect on your wellbeing and energy. Have you ever found yourself worrying over something only to find that at the end of each day you are absolutely exhausted? Then when you go to sleep your mind is racing and a good night's sleep is impossible? The good news is that you can control this cycle. Controlled breathing and relaxation and/or meditation techniques are an excellent place to start. When you find yourself presented with a situation that is causing you stress or worry take a moment to sit comfortably with your spine straight and take four deep breaths; breathing in through the nose, into your abdomen, and out through your mouth. You can then choose to allow your whole body to relax and fill your mind with inspiring thoughts or pictures. You may then like to see your situation in a detached manner and decide on what course of action is the best to take.

There are also many models and tools that show you how to think positively and raise your awareness. One that is found to be really valuable is to ask yourself 'does this situation and the feelings I am having take me closer to my goals and/or how I want to feel or does it take me away?' The answer to this question allows you to make a conscious choice as to how to feel, think and act. In addition, it may be helpful to have some positive statements, which mean something to you, to say when something feels challenging so that your energy can be redirected into a more purposeful state.

Discovering the many helpful tools and adapting them into what works for you is a valuable experience. Being positive is not just about having a set of positive affirmations though; it is also about being aware of what your internal dialogue is telling you and making changes where you notice negative or limiting thoughts or words you are speaking to yourself and/or others. Once noticed you can eliminate these from your dialogue.

Emotional Health

This aspect is so important yet quite often forgotten. It is often the last area looked at, if at all, when you feel low on energy. It seems much easier to say that the reason you may be feeling unhappy, unfulfilled, sad, angry is due to low energy rather than these feelings causing the energy drain.

If you are happy you feel good and act with purpose. If you are sad you feel awful, stoop and approach life with fear and caution. If you are grateful for all you have you see opportunities and are more open and you always seem to have the energy to get it. When you allow yourself to frequently only see what you do not have you can be left feeling defeated and quite exhausted.

Spiritual Health

This aspect of health can be viewed in many ways. To check your wellbeing in this area you can keep in mind that inner peace, a sense of calm and a feeling of connection and purpose to others and nature are vital.

When these areas are being taken care of what follows is a feeling of hope, faith and trust in your abilities and the ability of others, which ultimately leaves you with a feeling of purpose. You then have a feeling that everything has a reason, even if you can't quite see it at the time. It allows you to feel that you are going with the flow, rather than pushing against it. This sustains your energy and creates new energy and a positive belief in yourself.

Having goals, a focus and firm positive beliefs has been said to be the driving force behind a lot of successful people. Knowing where you are heading and having hope for a better future can allow you to be centred; only using energy on activities that are meaningful to you.

Most of all, there is nothing like having fun to feel more energised and a wonderful sense of wellbeing. Surround yourself with people, experiences and things that uplift you and you will find that each day excites you rather than overwhelms you.

In closing a quote from Jerry Gillies:

"It takes a lot more energy to fail than to succeed,
since it takes a lot of concentrated energy to hold on to beliefs that don't work."

Kirsty O'Callaghan
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return to the index

Thought of the Month

"Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus."

Oprah Winfrey

Humour

"Early to rise, Early to bed,
Makes a man healthy but
socially dead."

The Warner Brothers
(Animaniacs)

Recommended Reading

Techniques of Healthy Cooking

by The Culinary Institute of America

Straightforward information on nutritional basics, reading and using food labels, and planning recipes and menus around various dietary guidelines. Also included is detailed information on serving sizes, nutrition-related conditions, an extensive glossary and several hundred recipes.



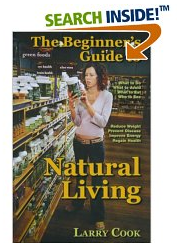
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Beginner's Guide to Natural Living

Learn to Eat, Live & Feel Healthy

by Larry Cook

The Beginner's Guide to Natural Living: what to do, what to avoid, what to eat. Employ the principles to correct diet, natural medicine, buying for healthy living, maximum nutrition and so on.



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[return to the index](#)

Wellness in the Workplace

Anna Cairo

Having a healthy and happy workplace is essential to any successful organisation. Stress is costing organisations considerably as people fail to cope with the pressures and demands of their work environment. It used to be that only certain positions within an organisation caused workplace stress. Recent research, however, suggests that patterns of workplace stress are changing and that it doesn't matter where you are placed in an organisational chart; every employee will suffer from stress at some time in their work life.

Current research supports wellness in the workplace. It is beneficial for the employer to support employees in every capacity possible as most individuals spend a 1/3 of their waking day in the workplace. When there is a balance encouraged between the needs of the business and the health and welfare of the employees this generally allows a much happier, more productive and settled work environment. This in turn also prevents people developing stress related diseases thus reducing medical costs and pressure on health systems as well as contributing to less absenteeism, turnover and loss of productivity.

Employee wellness is a relatively new human resource management tool/focus. Therefore, what exactly is workplace wellness? It is basically viewed as a holistic concept that touches on many facets of an organisation and provides support for employees on many levels (physical, social, personal development); the aim being to improve overall employee quality of life within and outside the workplace. Successful implementation of strategies and programs need to be supported by senior management so that it becomes part of the organisation's policy and culture.

Balancing employee wellness with business success can be a difficult scenario, which is currently being played out in organisations all over the world. However, who is responsible for this – employers or employees?

Part of the responsibility lies with the employees and the awareness of the dangers of stress. This is difficult as various people react differently to situations and some people may not be educated in this area. Whereas some people can't tolerate stress or pressure others thrive on it. Some employees who are stressed don't know they are actually stressed or if they do know they don't alert anyone to this information for fear that they will lose their job or affect their long-term prospects in the organisation.

This is where employers and organisations can play their part and be proactive by becoming aware of the indications of stress and adopting a program to educate employees. Signs of stress include: constant sick leave, conflict with colleagues, unproductive work ethic, using drugs or alcohol at home or work and being predisposed to accidents in the workplace. It is in the employer's best interests to be proactive in this area as a healthy and strong workforce is a productive one.

Companies can help eliminate, or at least minimise, job stress by implementing effective Human Resource Management practices. For instance, the implementation of effective selection and training procedures can help ensure that workers are properly suited to the demands of their jobs. Providing clearly written job descriptions can reduce worker uncertainty regarding job responsibilities. The use of effective performance appraisal systems can relieve

Future Features

July

- Building Your Business

August

- Self-esteem and Confidence

September

- Passive Income

October

- Effective Communication

November

- Relaxation

December

- Volunteering

stress by clarifying performance expectations. Obviously with some jobs stress is part of the package. In this case, getting the best person suited to the stresses and the ability to cope with these stresses of the job is crucial.

Comprehensive workplace wellness strategies characteristically comprise a range of policies, programs and activities related to 3 key elements:

- Physical Surroundings
- Health Practices
- Social Environment & Personal Resources

Examples of such initiatives include: company policies which support things such as parental leave, carer leave, flexibility, well ventilated buildings, as much natural light as possible and so on. More recent factors include wellness programs which vary in what they can provide but include such things as offering employees physical fitness facilities or discounted access, programs to help with managing stress, information on improving nutritional habits or even quitting smoking, on-site health and lifestyle screening and assessments, yoga, meditation classes, exercise and walking groups and a culture of support, fun and personal development.

The initiatives listed above barely touch the surface in regards to what can be provided to employees. At the end of the day it doesn't matter so much what is provided so long as it suits the particular organisation. What suits one will not suit another so being aware of your company's culture is imperative to the success of wellness in your workplace.

Many organisations argue that they don't have the funding for workplace wellness strategies. Growing research, however, indicates that a focus on workplace health and wellness initiatives has positive implications for both companies and employees. With the evidence of these positive effects mounting, such as reduced medical costs, sick leave, absenteeism, employee turnover and lower job accident rates, companies can ill afford not to get involved. Yes, there are constraints hence efficiency and innovation are important to implementation.

Making the workplace a rich and vibrant place is good for the soul as well as the organisation. People, who are happy and content and feel they are making a contribution and not just earning a living, will live healthier and longer lives. They will also be more productive and creative at work. This benefits all involved.

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

W. Wilson

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[return to the index](#)

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Anna Cairo

Article Resource Team Manager

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Article Resource Team:

positions vacant

Your Questions Answered Panel:

Kirsty O'Callaghan

Book Review Team:

position vacant

Proof reading:

Jane Watt

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The ECI A force for good in coaching!

This is your industry related e-newsletter so have your say here.

Question - What do you have to say that will inspire, motivate or support other coaches to realise their full potential?

Answer - Share your quotes, positive daily actions and coaching tips for the benefit of others in this newsletter. In addition, seize this free opportunity to raise your profile and increase your chances of being networked with by contributing an article. Don't worry if you're not an experienced writer, we'll help you edit it. Our publication guidelines are found by [clicking here](#).

We look forward to hearing you voice an opinion, starting a debate or just raising an issue with us.

Send your submission to the [Editor](#).

How about working with our team? We are looking for people to find great articles for our future newsletters. Please contact our [Editor](#) if you love research, reading and being part of a team.



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