



— NEWS RELEASE —

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PERSONAL LEADERSHIP COACH, CAROL HARRIS FIKE PRESENTS AT ACTO CONFERENCE

Ignite Coaching Presence to Facilitate Never Before Imagined Options

Montrose, CO – Personal Leadership Coach, Carol Harris Fike recently served as a presenter at the Association of Coach Training Organizations (ACTO) annual conference. The event took place May 7- 9, 2015 in Orlando, FL. The presentation, which was titled “***Ignite Coaching Presence to Facilitate Never Before Imagined Options,***” was designed to help attendees learn how to develop a strong coaching presence as they seek to create awareness within the coaching conversation. Session participants were able to experience how the use of an ontological model affects their coaching presence and how they can support students in knowing the choices they have in creating a powerful coaching presence.

One of the key objectives of the presentation was to help participants draw a connection between the body, emotions and language as a cohesive unit. Each one affects the others. The importance of this understanding allows participants to have a better understanding of their coaching presence and allows them to more effectively create a new awareness. Participants of the session experienced:

- How emotions, language, and the body posture are connected.
- How shifting emotions or language or the body posture will influence the others.
- How to begin to notice what is happening within the body, what emotions are coming up for us at any moment, and when the tone of our words change.
- The choice one has to serve as a coach.
- How to shift emotions and language by shifting the body.
- How to support coaching students with the value in using these ontological distinctions.

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About Carol Harris Fike

Carol Harris-Fike is a certified coach (PCC, NCOC, ICF) serving clients across the United States since 2005. She supports individuals as they work to transform themselves in realizing dreams and goals... to live the authentic life they came to live. Harris-Fike completed ontological coaching basic and graduate courses with Newfield Network in Boulder CO.

About ACTO

ACTO is the steward of high quality coach education and training. The organization continues to explore, challenge and evolve quality coaching training. They support coaching as both a profession and a skill, and advocate for the art and science of coaching and coach education and training. More information is available at <http://actoonline.org>.

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