Training Officers Consortium (TOC) Annual Institute 2018

Founders Inn, Virginia Beach, VA

**Monday, April 23, 2018**

8:30 a.m. - 9:30 a.m. Room 1

**Title: What if you SMILE? Embodying coaching skills for greater leadership impact**

We are living in complex and uncertain times. We are constantly striving towards success, better performance and getting things done, and yet we are dealing with so much burnout,less satisfaction and lower engagement. According to the most recent Gallup Survey on the State of the American Workplace, only 33% of the US Employees are engaged at work compared to 70%, which we find in the world’s best organizations. What is happening?

Richard Barrett, the founder of the Barrett Values Centre says, “Organizations don’t transform, people do,” hence it’s really all about people, about how we show up, our ways of being, the vision, the intentions, our mood, our language, our actions and choices that we make. The deliberate step is to generate energy around building a culture of conscious leadership, a culture of self-awareness, one that truly allows us to cultivate the skills of attention, presence and will.

The same Gallup Survey also recommends that to make a switch from a culture of “employee satisfaction” — which only measures things like how much workers like their perks and benefits— to a “coaching culture.”

It’s so critical for us to learn to be with ourselves and one another so that we can truly do the work that we want with less struggle and more joy, creating the balance that we all are deserving of, towards well-being and the greater good. So, our question to you is…What if you can SMILE…(Settle…Map…Inquire…Let go…Exhale)?

**In this session, participants will learn:**

* To practice and embody coaching skills towards a well-being culture
* A simple SMILE model for how to do self-observation and self-reflection
* How to break patterns and cycles of addiction and burnout
* To become aware of ways in which you can start designing a coaching culture in your organizations

## Ina Gjikondi

Bio



Ina is a passionate educator and ICF certified coach committed to supporting people and organizations to elevate to the next level of consciousness. Ina is inspired by her son Hadrian, who teaches her to slow down and to show up for life with genuine curiosity. She appreciates the diversity of human spirit, kindness, abundance, traveling, poetry, sitting by the sea, music and fresh food. Ina’s is the Director of Executive Education and Coaching Programs at the George Washington University, Center for Excellence in Public Leadership. She holds an MA in Human Resources Development and an MPS in Political Management, both from the George Washington University. Ina did her BA in Law at the University of Tirana, Albania.

## Joan Wangler

Bio



Clients call Joan a “dream catcher.” Joan is a senior leadership coach at George Washington University’s Center for Excellence in Public Leadership and President of EDIN Associates. An ICF Master Certified Coach, she helps clients identify and leverage their strengths and passions for greater contribution and fulfillment.  The 2012 TOC Spencer Logan Award Winner, Joan is well known in the federal community. Most notably she is the chief designer of NASA Goddard’s Creative Learning Group (CLG) initiative, a dynamic community of practice dedicated to creating and sustaining a coaching culture. She holds an MEd from the University of Massachusetts in Amherst and an MS from the State University of New York at Albany.