



ICF San Antonio's vision is to be a leading voice in the coaching industry by educating and connecting coaches in the greater San Antonio area.

For Immediate Release

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**THE INTERNATIONAL COACH FEDERATION SAN ANTONIO
CHAPTER CELEBRATES 2020 INTERNATIONAL COACHING WEEK
WITH A PANEL DISCUSSION AND 100 DAYS - 100 COACHING
SESSIONS FOR THE BUSINESS COMMUNITY**

SAN ANTONIO, TX, April 20, 2020 – The International Coach Federation (ICF) San Antonio Chapter is pleased to announce #ExperienceCoaching in celebration of International Coaching Week 2020, a week-long global celebration of the coaching profession, May 4 through 10. #ExperienceCoaching highlights the transformative power of coaching, the value of working with a professional coach, and the impact of coaching on driving change and unlocking human potential.

"Coaching empowers people to navigate change with resilience and create lasting solutions for personal and organizational wellbeing," says Carissa Gay, President, ICF San Antonio.

#ExperienceCoaching showcases the breadth of coaching expertise in the ICF San Antonio community by hosting a panel discussion and by offering pro-bono coaching.

The **Relieving Pressure & Restoring Potential** panel discussion will take place on **Wednesday, May 6, 2019; from 11:30 AM to 1:00 PM online** via Zoom.

Description: *Are you or your team stretched to the max? Competing priorities, tight deadlines, and shrinking resources can seem like a vice grip. Organizations and leaders are facing increased pressure to do more and with less resources. Employees are uncertain about the future and battling burnout. How do you create an environment that maximizes potential in times of high demand? You are invited to a unique conversation about how coaching can increase capacity and collaboration, drive innovation, and restore hope in difficult times. ICF President, Carissa Gay, will facilitate a panel of San Antonio business leaders: [Guy Clumpner, President, Holt Development Services, Inc.](#), [Aurora Geis, National Director](#), and [Head Coach, Digital Creative Institute](#), [Scott Hopkins, Talent Development Officer, Broadway Bank](#), [Tenice Wehmeyer, Executive Coach, Wehmeyer & Associates](#) for a discussion of key strategies to regain balance and flow with your team.*

Who should attend: *Business and Non-Profit Organization Leaders, Managers, Human Resources and Talent Development Directors, and Employees*

Registration fee: \$20 for members and \$20 for guests

To register for the panel discussion or to sign up to work with a professional ICF San Antonio coach, please visit <https://icfsanantonio.wildapricot.org/event-3804642>.

100 Sessions in 100 Days is another way ICF San Antonio will serve the greater San Antonio community at a time of great need. Business and nonprofit leaders can partner with ICF San Antonio coaches and #ExperienceCoaching by simply going to icfsanantonio.org and clicking on “Find a Coach”. They will then select the coach they consider the best match and contact them directly.

To learn more about #ExperienceCoaching and International Coaching Week please visit: [ICF SA Facebook](#), [ICF SA LinkedIn](#), [ICF San Antonio Twitter](#), and [ICF San Antonio Instagram](#).

The mission of ICF San Antonio is the advancement of professional coaching that drives change and unlocks human potential. Coaches help clients achieve mutually identified goals, generate solutions, find clarity and confidence, identify their passion and purpose, work more creatively and effectively, and live a more fulfilling life.

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