

Introduction ~

Success leaves clues. ~ Tony Robbins

I compiled this book, not only to share my own certification journey with you, but to give you the chance to get to know some special people: Catherine Miller, Kerri Laryea, Jean Gran, Connie Frey and Maura Da Cruz. I am deeply grateful to all of them for allowing me, and now you, to share their journeys.

The six coaches who co-authored this book are from two different continents and three different countries, but being IAC certified is just one of the many things we have in common.

I've tried, wherever possible, to maintain the freshness and authenticity of everyone's original responses within a cohesive framework so you'll find evidence of American English, Scottish English and Canadian English throughout this book. You'll also find some pieces as fresh as a phone call; I really did not want to lose the sense of authentic expression or the exuberance of someone's first response by brutally editing or by imposing my own stylistic preferences. You'll have to forgive me if you're a stickler for editorial consistency or were expecting slick, perfectly punctuated prose!

Too much polishing and you spoil things. ~ Leo Tolstoy

I can personally recommend every one of these coaches. I've been helped by all of them; I've heard them coach, critiqued their sessions and been coached by them. They gave me uplifting support and volunteered to be my clients after I failed Step 2 of the IAC exam the first time round and they're only one email or phone call away if I need them. Two of them were clients in my own passing calls. It's a source of personal joy for me that most of the contributors to this book achieved passing scores of between 95% and 99% for Step 2.

Alone we can do so little: together we can do so much. ~ Helen Keller

Eventually becoming certified was a thrill for me, but *sharing* the journey has been the *best* part of the journey.

What you're about to read is not great literature. Nor is our aim to teach or preach. We simply describe a certification process which we all thought was worthwhile. Each person responded to my original draft questions in their own, unique way so you'll find a selection of written responses to interview questions, some free writing and even a transcription of a recorded interview. We've also included recorded segments of our passing sessions so you can hear examples of masterful coaching across a range of styles.

We also write to heighten our own awareness of life...We write to taste life twice, in the moment and in retrospect...to record the journey into the labyrinth. ~ Anaïs Nin

As you will discover, we were glad to have the chance to thank many people, to give credit where it's due and hopefully, to help you avoid any disappointments or pitfalls we were unaware of when *we* went for certification. We hope that you find insights, tips, quotes or patterns – and there are *many* patterns – to inspire and support you.

If you're struck by similarities to your *own* journey, then we hope you find our experiences affirming.

Share our similarities, celebrate our differences. ~ M. Scott Peck

I'm also hoping you find these stories, interviews, recordings and snippets of personal information intriguing and that you're left with the sense that all kinds of coaches can pass this challenging but, in my opinion, worthwhile and life-changing exam.

We wish you well on your own certification journey and hope that in some way we can help you achieve the status of IAC Certified Coach!

~ Janice Hunter, Scotland, 2007.