



**April 8, 2009**

Handlery Hotel - 351 Geary Street (at Union Square), San Francisco

6:30 - 7:00 pm Registration

7:00 - 7:10 pm Announcements

7:10 - 8:30 pm Program

8:30 - 9:00 pm Open Networking



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## **Meet Your Inside Team**

**– A fun and powerful way to create awareness and get out of your own way!**

**Presenter: Cynthia Loy Darst**

When your clients get pulled back and forth in their own mind; sucked into a swirl over some kind of dilemma, its easy to get pulled in with them! Yikes! We all have clients who say something like, "Part of me really wants to do this, but another part of me is not sure, and then there is this other part..." What do you do instead of getting confused with them?

Join Cynthia Loy Darst, MCC, for this fun, provocative and experiential session. Meet Your Inside Team will introduce you to a way to coach your clients in their relationships with themselves. You will learn a new way to work with a stuck client, and gain new access to and awareness of yourself.

By the way, if you have done work with Subpersonalities (Voice Dialogue, TA, NLP, Lucid Living, Jungian Chair work, etc.), this will offer you a new coaching approach to take with them. If you have never heard of those things, no problem, this will be a fun and easy introduction!

This session is designed specifically for experienced Coaches. Newer coaches will gain a lot from it, too.

### **About Cynthia:**

Passionate about raising the bar on quality in the profession of coaching, one of the first to gain the designation of MCC from the ICF, Darst was a founding member of the PPCA and the ICF. She was one of the first leaders for both CTI and the Center for Right Relationship.

A favorite in the coaching world, Darst delivered "Celebration, Metaphor and Magic" to a standing room only crowd at the 2005 San Jose ICF conference, and delighted her coaching colleagues in 2006 at the St. Louis ICF conference with her demonstration of MCC level coaching.

For more information visit: [www.theinspirationpoint.com](http://www.theinspirationpoint.com)