



## ACTO News - April 2021

### President's Message

#### *Growing Good Coaches*

Spring has arrived here in Washington, DC and, as much as I love sunshine, I am appreciating the rain today, knowing that beautiful flowers and budding cherry trees are not far behind. Spring is a time of growth and we are in the business of growing coaches. I applaud the diversity of thought and design of coach training programs and as I consider what is needed to grow good coaches, my opinion is that we need a blend of components that flow together in harmony. Think about it. What do you now, or wish to, include in your programs to grow your students into good coaches?

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### ACTO 2021 Conference

***We are thrilled with the depth and wisdom that is present with those who will be sharing at the conference in June.***

The conference committee has been busy reviewing many wonderful proposals and sending out invitations to our conference presenters.

[Learn more about our presenters](#), conference volunteer opportunities and available discount. And join us for the April Forum for a conference preview.

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# Update: ACTO Train-the-trainer Program for Coaches

By Chariti E. Gent

Over the last three years, the ACTO Train-the-trainer Task Force has been meeting monthly with a singular goal in mind: to establish coach trainer competencies and create a pilot program for training coach trainers. I recently caught up with Marcia Reynolds, Chair of the Task Force, to learn more about what the Task Force has accomplished, as well as hear about plans for the future. Here are some highlights from that interview.

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## Interview

***Meet your peers and their pioneering work within the COACH TRAINING community! Starting with this edition of the newsletter, we will be interviewing a coach training leader from around the world and featuring their work.***

This month – we welcome Elgiz Henden, a coach trainer and coach par excellence whose pioneering work in Turkey has led to young adults discovering their unique voice and choice.

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## From Meditative Stillness to Effortless Movement (and everything in between)

By: Triansha Tandan

I stood frozen and silent in the middle of a room, stuck in a veritable maelstrom of thoughts and emotions with no idea of how to move forward...

*"What are you rubbing in?"* asked my coach.

(I noticed then that I had been unconsciously rubbing my left arm with the palm of my right hand)

*"Acceptance"* I answered almost instantly and automatically. I felt an immediate ease in the way I was breathing, and my body became less rigid, more relaxed.

*"Acceptance of?"* asked the coach. And we continued the work. After this

somatic releasing, I was able to get 'unstuck!'

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## ACTO Announcements

- [Next Forum: April 28, 2021](#) Come and hear various presenters from the conference give an overview of their presentations in this forum. This will be a wonderful slice of what to expect for the 2021 ACTO Conference.



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