



Alfred Adler

Adler Graduate School

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Personal Coaching: A Beacon for the 21st Century

by Valerie J. Olson

From the Editor:

This month two guest writers' contributions are included in the AGS newsletter.

Valerie J. Olson, AGS adjunct faculty member in the Personal and Professional Life Coaching series, and Katie Simonson, an AGS alumnus, share their takes on the coaching

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The human potential movement of the late twentieth century arose partly as a result of our dissatisfaction with our culture's emphasis on technological achievements.

Without equal attention to the nurturing of our magnificent, inner potential and aspirations, our existence has, at times, seemed soul-less.

What good is a longer life if we live it in quiet desperation? What use is instant, worldwide communication if our heart doesn't get a hearing? What difference does space exploration make if we ignore our deepest longings for creative expression; if we

have no time for reflection or for each other?

Our collective, external focus has brought humanity many wonderful advances, but these must be balanced by further development of the human mind, will and spirit.

Coaching is a tool that uses technological ingenuity (telephone, voice mail, e-mail and facsimile) to provide structure and momentum for the dreams and potential of the individual.

When a person works with a coach, self-awareness is magnified. The ability to choose according to one's highest values and vision is ex-

panded. A sense of inner security in the midst of the "unknown" begins to prevail.

That person becomes a beacon of brightness in a world in dire need of his or her luminosity.

A coach commits to walk steadfastly with us on the way to our dreams. When we say "yes" to making that journey, we are more than half-way there.

A coach believes in us, encourages us, challenges us, and accompanies us as we head in heartfelt directions.

A coach is with us as we confront our mistaken

(continued on page 2)

Moving Along ...

AGS Alumnus Katie Simonson

In 1988, I knew I needed a career change that kept me "forward-looking".

I headed to the Boundary Waters alone for a retreat to help me determine a new career direction.

After three rainy days of soul-searching and journaling, I returned home discouraged from a lack of insight.

My answering machine was

blinking. The message said, "Katie, this is Ev from the Adler Institute..."

Two and a half years later, I was accepting my Master's Degree in Adlerian Psychology thinking that psychotherapy was my career goal.

However, changes occurred in my career as an educator and in my family life as a single parent. I decided to stay in the school system where I

could create positions to maximize my value both as a seasoned educator and as a trained Adlerian professional.

I became licensed as a guidance counselor and worked both in public and non-Public high schools.

I later moved into arenas where my influence affected greater numbers of staff and students. (continued on page 2)

*“A coach
commits
to walk
steadfastly
with us
on the way
to our dreams.”*

beliefs and inner obstacles.

The inherent power of the coaching process and the tremendous creativity, capability and resourcefulness of each client, combine to work both internal and external wonders.

Coaching has come onto the scene at this tumultuous time as a corrective for an overly-automated society. It brings the focus back to the sacredness of an individual's dreams and potential.

Having a personal coach is a balm for the soul, a tonic for the mind and a gift for the heart.

Being a coach is an honor and a duty. The honor is the unique role we play in the advancement of humanity. The duty is our commitment to our own full self-expression.

As partners in the grandest adventure available to human kind, we are all called to help others live fully, moment-by-

moment in this day, in this century and far into the future.

Valerie Olson, M.A., L.P., C.P.C.C., P.C.C. is a business and life coach residing in Minneapolis. She is a licensed psychologist, certified coach and adjunct faculty at AGS. Valerie specializes in coaching women who want to develop greater self-confidence.

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A student describes her experience with the AGS Personal and Professional Life Coach training:

**“ I am more
excited
about life in
general;
more optimistic
and in control.
I now feel
compelled to
make my dreams
a reality.”**

Adler Coaching Series Celebrates First Anniversary

The first life coaching workshop was presented by Paula Psick, M.A., three short years ago at AGS. People were introduced to the values and perspective tools used in coaching and liked what they learned so much they wanted more.

A graduate level course was then offered. The students were so enthusiastic about that experience, they requested the development of

a coaches training series.

Since the Spring of 2003 two groups of students have completed the six-class coaching sequence and received their Personal and Professional Life Coaching certificates.

Several of the participants have formed their own coaching practices while others use it in their current work.

“Students appreciate the experiential nature of the classes as well as the challenging pace,” says Ms. Psick, now the life coaching Certificate Director.

Ms. Psick goes on to say, “The students are amazing and courageous in what they are creating with this training. I love being a life coach. It's such a joyful and dynamic profession.”

Katie Simonson (continued from page 1)

My positions as Coordinator for Professional Development, School-to-Career Coordinator, and Business/Community Liaison focused on building career skills in students who were preparing for professional internships.

At the same time I made the decision to retire from education, I began to learn about coaching. The coaching philosophy of personal creativity, resourcefulness

and wholeness of the clients really landed with me.

There was no question that the positive, forward-focused emphasis of coaching and its potential for empowering people's lives determined what my next career would be.

My coaching clients are vibrant, fifty-plus “Boomers” who are finding their personal “gold” by fulfilling their dreams and maximiz-

ing the satisfaction of their golden years!

Katie Simonson, M.A., is a professional life coach. She graduated from AGS in 1991 and has since completed the Adler Coaching Certificate Training. She also has an undergraduate degree in education and holds multiple professional licensures through the state of Minnesota.

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*Nothing
happens until
something
moves.*

Albert Einstein



Photograph, Copyright 2003, K.J. Moore

Strategic Planning

A new Strategic Planning Committee for the Adler Graduate School began meeting in March.

The committee will meet twice a month for the remainder of the year in an effort to develop a comprehensive five-year plan for the Graduate School.

Members of the Committee include: Bob Bartholow,

Evelyn Haas, Dan Haugen, Cynthia Hays (Adler Board member), Herb Laube, Bill Premo, Dennis Rislove and Dan Zenga.

Part of our long-term planning effort will be to reconnect with all AGS Alumni.

A group of volunteers called alumni last week to update the school's e-mail list. Thanks to all of you who provided your current e-mail addresses. That information allows us to send

you this electronic newsletter.

If you know of anyone who would like to receive the newsletter, please call Evelyn or Margie at 952-988-4170. You may also email Ev at: Ev@alfredadler.edu

We hope to involve all of you in our strategic planning efforts through the use of some electronic surveys.

Thanks in advance for your help!

Alumni Announcement

Deborah Luther, J.D., M.A., is the new chairperson of the AGS Alumni Association.

She is a past president of the AGS Student Association and received her M.A. in 2003. She was one of three recipients of the Outstanding Thesis Award.

Deborah is currently working toward licensure and is a co-therapist with a private practitioner as well as an in-home therapist through the Sojourner Project.

A mother of five, Deborah also enjoys yoga, meditation, running and playing the violin.

Deborah says, "I look forward to working collaboratively with faculty, staff and fellow alumni in strengthening, informing and connecting our graduates."

NASAP Conference

The 52nd Annual Conference of the North American Society of Adlerian Psychology (NASAP) will be held June 3-6, 2004 in Myrtle Beach, South Carolina.

An international forum entitled: "Work and Play: Two Sides of the Same Coin" will be the focus of this year's gathering.

Many presentations, work-

shops and training sessions on various topics will also be available to conference attendees.

Dr. Leo Gold will deliver the Ansbacher Lecture entitled: "Adlerian Thought in Relation to Current Scientific Theory".

A special rate at the Springmaid Beach Hotel has been

established for those attending the conference. Attendees are encouraged to bring their families. Reservations for hotel rooms must be made by 5/1/2004.

For further information, registration materials and complete conference details go to www.alfredadler.org and click on "Annual Conference".

Invitation

April marks the second edition of the new, bi-monthly AGS newsletter. AGS invites you the faculty, students and alumni to make a contribution.

What should you submit? Here are a few questions to get you going:

What role has AGS or Adlerian philosophy played in your work, your personal life or in your contributions to society?

How have you incorporated Adlerian principles into your family life?

Does Adlerian thought need to be modified to fit a changing society?

What are you doing professionally as a result of your education at AGS?

We're also interested in short bios or professional announcements from faculty and alumni.

Students may want to share an eye-opening learning experience.

Most articles should be short (100-150 words). Longer articles may be submitted for consideration.

Give it a whack!

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Mistakes are the portals of discovery.
... James Joyce

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Announcement

The Human and Organizational Development program has undergone a name change. The new name is: **Coaching and Consulting in Organizations.**

Look for this program to be featured in the June issue of the AGS newsletter.

Coming in the June issue:

Meet **Evelyn Haas**,
Director of Academic Affairs and Admissions and **Dr. Wm. Premo**,
Certificate Director,
Coaching and Consulting in Organizations.

AGS Library & Bookstore

New Bookstore Titles:

Who's Sylvia? And other stories.
Case Studies in Psychotherapy by Dorothy E.

Peven & Bernard H. Shulman.

Adlerian Psychotherapy: An Advanced Approach to Individual Psychology by Ursula E.

Oberst & Alan E. Stewart.

Donations to the library are accepted and encouraged. Currently we are looking for early issues of the Journal of Individual Psychology from the 1940's—1960's, any issues of the Canadian Journal of Adlerian Psychology or the German journal:

Zeitschrift für Individualpsychologie.

Contact Earl Heinrich at 952-988-4170, Ext. 5712 with any questions.

The mission of the Adler Graduate School is to educate ethical, reflective, highly competent, comprehensively informed, continually learning, Adlerian-based professionals who are prepared to improve the interactions and conditions of the people, organizations, and/or communities they serve.