



Minutes ICF Gauteng Chapter Event

Thursday 26 November 09 at 19h00 at Bryanston Country Club

1. **Introduction, Welcome and Confirmation of the agenda by Tracey Proudfoot**

2. **Membership**

Welcome to coaches attending for the first time
Forms available for renewal and joining

3. **ICF Gauteng Chapter Conference**

12 February 2009 at Misty Hills

8 Speakers in one day – Debra Patta, Woolf Solomon, Dr Louise Van Rijn, Dr Pieter Van Jaarsveld, Anne Marie Lombard, Mmatshilo Motsei and more...

Early bird until 18 Dec -

ICF Chapter Member R1000.00

ICF Chapter Non-Member R1250.00

thereafter R1500.00

4. **Wendy Palmer - International Somatic Coach, Trainer and Author.**

CONSCIOUS EMBODIMENT offers a way to discover intuitive knowledge through simple physical and mental exercises. Through centering techniques known as Basic Practice, the body becomes our stable reference point.

This allows us to contact the part of ourselves that is wise, kind and capable of powerful, embodied action. Training these principles strengthens our sense of self and deepens our capacity for relationship and leadership.

Wendy taught us how to increase our capacity for wisdom, confidence, and happiness that will sustain and support us in this challenging and exciting time in history.

5. **Next meeting and close**

Tracey Proudfoot thanked all participants for their attendance and asked for feedback forms to be completed from the website (Check under previous events)

6. Next events:

Conference 12th February Pushing the boundaries

Meeting closed at 21h00