

## COACHING DEFINITION\*

Coaching is a discipline that enables clients to become more aware of their current approach to situations, to see new possibilities and then build sustainable new competencies to achieve outcomes that deeply matter to them

## BIO – VAL ROSETTANI

Val Rosettani is a professional Integral Coach™ possessing 20 years of corporate experience and brings this organizational understanding to her coaching practice. Val's passion for people and their development has led her to coaching as one of the most effective ways, she has both experienced and delivered, to help individuals develop to their full potential, in areas that deeply matter to them.

Val has designed and facilitated leadership training programs, provided coaching at various levels of leadership, 'coached the coach' through observational coaching programs, and promoted the integration of coaching into the culture of a large, multi-tiered organization. Val has been a Certification Committee member for certifying coaches at Integral Coaching Canada and actively supports the development of new coaches in her role as an Apprenticeship Module Phone Coach. She is currently the Director of the Integral Coaching® Consortium.

Val believes life is too precious to be wasted, and too short not to be fun. It's about wisely using the time you have been given. She meditates, goes on silent retreats (whenever possible), is married and is raising two children, and loves to go on long walks (winter or summer) with her dog.

## SOFT COPY OF BUSINESS CARD



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