

# A TIGNEY SOLUTIONS INSTITUTE COACHES STRATEGIC MASTERMIND GROUP SEPTEMBER NEWSLETTER

## COACHING TIP

Mentor Coach Shezetta

### I'M A CERTIFIED COACH, NOW WHAT! Part I

I've had my coaching certification for approximately 5 years. At the time of my certification I was qualified and completely capable of coaching individuals and organizations, yet I had no idea of what to do next. There were so many specialties in coaching at that time and my certification was also directed in a specialty however, I needed to see if I truly had the passion for that type of coaching or if I needed to explore other specific avenues for coaching.

I had to determine the follow:

- Who I wanted to coach?
- How I wanted to coach?
- Did I want to turn this into a practice?
- Did I want to partner with other coaches and share a practice?
- What area of coaching did I have an expertise in and a passion for?

I have wrestled with all of questions and was only able to answer some of those questions. I knew I wanted to develop a practice, I knew that this was my passion to empower individuals, but my demographic was a little challenging. I didn't know if I wanted to work specifically with women or all of humanity.... I mean really, where was my passion?



### I'M A CERTIFIED COACH, NOW WHAT! Part II

As a new coach, I coached everybody! I coached the old, the young, male and female. I coached in group settings and individually. In doing so, I recognized that a certain type of person was attracted to me and my style of coaching. Ultimately, out of this fluidity in coaching, my passion began to reveal itself. It then began to shape who I targeted and the purpose for it. Marketing became easier because I discovered my niche and was able to market based on my true passion for empowering the RIGHT audience.

At some point, my niche may expand or even change.....and I will know how to approach building the right practice to fit that natural niche for myself.

Quick tips.....

- Begin by asking yourself the questions above. Get as many answers as you can.
- Then get to coaching.... any and everyone; Individual and groups. See what specialty and passions come to life as a result of your deep dive into what you were trained to do.
- Let what comes from that place, begin to guide your development. Whether you want to build a practice or work within an organization.....use what you have learned from within to help you connect with that particular audience.
- Allow that authentic expression to continue to build and create the coaching environment that you want, and that people will be drawn to.

If you seek, you will find it. Now is the time to intentionally explore your niche'.



A TIGNEY SOLUTIONS INSTITUTE PRESENTS  
**COACHES STRATEGIC  
MASTER-MIND GROUP**

1ST THURSDAYS AT  
6PM - 7PM ARIZONA TIME

Via Zoom Video Conference  
(The link is provided to paid subscribers)

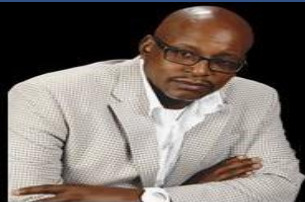
#### YOUR MONTHLY SUBSCRIPTION AFFORDS YOU:

- ✓ A monthly strategic newsletter to keep your practice growing
- ✓ Updates and opportunities on continuing education and in the field of coaching.
- ✓ Two 30-minute mentor coaching sessions a month (mentor coaches)
- ✓ Monthly forum for strategy, support, and practice sustainability
- ✓ Referral System
- ✓ Discounts on training, conferences, and meet-ups

**\$50**  
PER MONTH

Subscribe Today at  
[www.TucsonBibleCollege.org](http://www.TucsonBibleCollege.org)

**For questions,** access to all tools  
and previous CSMG recordings  
please request at  
[Admin@ATigney.Solutions](mailto:Admin@ATigney.Solutions).



[www.ATigney.Solutions](http://www.ATigney.Solutions)



*Providing Personal & Corporate Solutions*

UPCOMING EVENTS



**Time of Service and Empowerment**

Wednesday Empowerment Study 7pm

Sunday Discipleship 9am

Sunday Celebration 10am

3<sup>rd</sup> Sundays Leadership Enrichment 9am

4<sup>th</sup> Sundays Men and Women Empowerment 9am

Each Sunday Kingdom Kids 10am

2<sup>nd</sup> Mondays Mancave Monday 6:30am

2<sup>nd</sup> Fridays Destiny Women Empowerment Group 6pm

For more information please visit our website at [www.ndi.vision](http://www.ndi.vision) or call (520)-323-8852

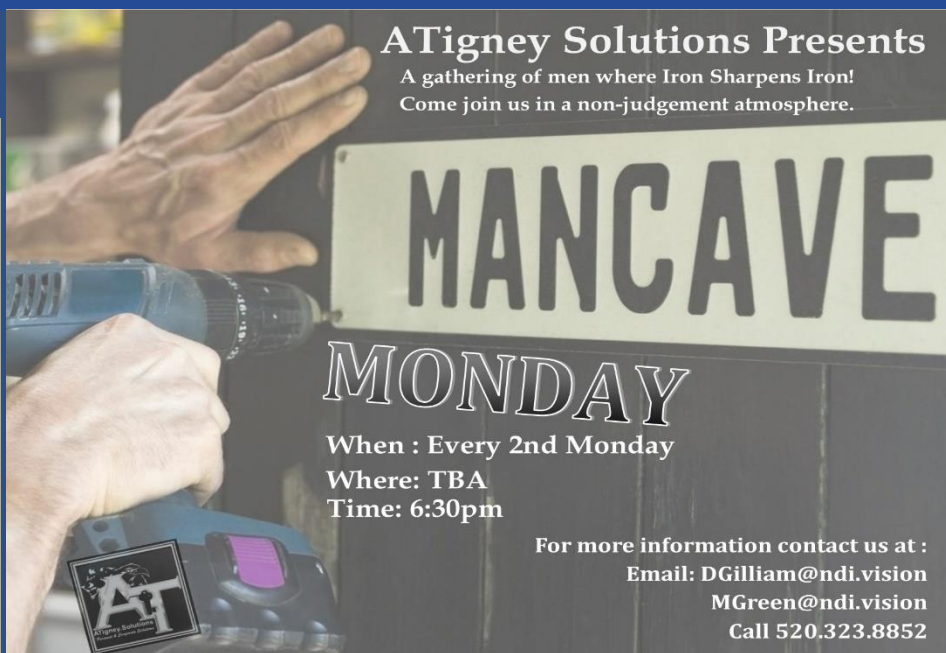
# ATigney Solutions

is offering additional times of empowerment for both men and women

## Mancave Mondays

ATigney Solutions Presents

A gathering of men where Iron Sharpens Iron!  
Come join us in a non-judgement atmosphere.



# MONDAY

When : Every 2nd Monday

Where: TBA

Time: 6:30pm

For more information contact us at :

Email: [DGilliam@ndi.vision](mailto:DGilliam@ndi.vision)

[MGreen@ndi.vision](mailto:MGreen@ndi.vision)

Call 520.323.8852

## Destiny Women Empowerment Group

You are invited...

*Destiny Women Empowerment Group  
Every 2<sup>nd</sup> Friday of each month at 6pm beginning October 12<sup>th</sup>*

Educating  
Mentoring  
Preparing  
Overcoming  
Women with  
Empowering  
Results



Powered By  
ATigney Solutions



Located at  
New Destiny International  
4500 E Speedway Blvd Suite 110  
Tucson, Arizona 84712

Visit our website at  
[www.ATigney.Solutions](http://www.ATigney.Solutions)



## Providing Personal & Corporate Solutions



COUNSELING COACHING COORDINATOR

Case Management and Counseling Coordinator and Coach Chanise Gilliam, Transformation Coach and Strategist

Cognitive Behavior Therapy (CBT) is my preferred base of counseling interventions however, I recognize Behavior Therapy (BT) as the precursor. BT is a broad term referring to psychobehavioral analysis. Those who practice behavior therapy tend to look more at specific learned behaviors and how the environment has an impact on those behaviors. Behavior therapy does not involve one specific method or model but rather a wide range of techniques that can be used to treat a person's psychological anomalies. Behavior therapy breaks down into three disciplines: applied behavior analysis (ABA), cognitive behavior therapy, (CBT), and social learning theory (SLT). SLT perhaps being the most salient in accounting for one's behavior as it examines how people learn new behaviors, values, and attitudes by observing others. Simply put, Social learning theory focuses on the effects one's learning environment has on their outlook on life, and thus how they behave. This is to include the family system or neighborhood dynamics they experienced.

There is great value in learning what has fueled our behavior, values, and attitudes. Studies have shown these things have an impact on our quality of life, quality of relationships, our business' and ministries. Have you ever known someone who is very gifted in skill but has challenges in their behavior which has hindered their quality of life? The way we are wired is influenced by our environment and we do not always see how our behaviors, mindsets, and attitudes have an impact on all areas of our life.

Kingdom Advancements (KA) has counselors, coaches, consultants that are skilled to help our clients understand their behaviors and thought processes and how they have a huge impact on their family, business, and ministry relationships. (KA) is committed to providing unbiased counsel and prudent strategies for living the life you were created to live. Our services are always tailored to your unique needs. To schedule your appointment contact our office at (520)-323-8852 or visit our website at [http://www.atigney.solutions/kingdom-advancements-\(counseling\)/counseling.html](http://www.atigney.solutions/kingdom-advancements-(counseling)/counseling.html)

For more information contact us at  
520-323-8852  
4500 E Speedway Blvd.  
Tucson, Arizona 85712



Written by Maxwell Ezonnaebi  
KABN, Director of Operations

As an entrepreneur or business owner it is exciting to have a vision, a new idea or concept that will revolutionize an industry and change how that industry does business. However, when it comes the responsibility of seeing that vision become a reality this can be a challenging process. It is easy to lose courage in during that time and even lose hope to the extent where one feels they are not good enough because of perceived failure after failure and roadblock after roadblock.

It gets so tough sometimes that some even contemplate suicide because many entrepreneurs put everything into the vision or idea to the point of going bankrupt and loosing everything, to include family. Be encouraged because there is still hope. You are still alive, and you have an opportunity to adjust. Life can hit us hard, but the pressure that hits us is only there to build character and stamina on the tough road to success.

The "I'm always winning" attitude we see expressed by millionaires and billionaires doesn't always match their current situation or business conditions. It is a necessary mindset as they must stay positive even through tough times. Please know you are not the only one going through the press of bringing a vision to reality. There is hope! Kingdom Advancement Business Network (KABN) is here to coach, consult, and train entrepreneurs and business/ministry owners like yourself. Call us today let us partner with you on your journey to success. Schedule a consultation by calling- (520) 323-8852 or go to our website for more information at [www.ATigney.Solutions](http://www.ATigney.Solutions).



Written by Meshá'el Tigney "Coach Me",  
Certified Coach & Personal Trainer

I have found that being physically strong goes beyond mere physically strength. Being physically strong takes mental strength because it involves having an internal discipline, dedication, determination, and endurance. Being healthy and getting in shape is not just a trend, but a lifestyle. It has been said if you can think it, you can be it. The key to getting in shape is 80% what you eat, 20% working out, and 100% mindset. Many times, the reasons that we gain weight or don't lose weight is simply because we don't have a positive mindset toward our goal. We say things like, "I'm never going to look like this" or "I will never be able to lift that." Your mind will only take you as far as you want to go. So, when you start feeling like you will never complete your goal, stop and say to yourself "I CAN! I WILL! I MUST!" You are equipped for this!

Here are three simple tips to enhance not just your fitness journey, but your life journey:

1. Drink water when you wake up in the morning and throughout the day to start your metabolism.
2. Eat **small** meals throughout the day every 2-4 hrs. (Don't starve yourself!)
3. Stay Positive! As a man thinks so is he (Prov. 23:7).

For more information and helpful tips contact "Coach Me" at the T4Nation office (520) 323-8852 or visit our website at [www.T4Nation.com](http://www.T4Nation.com)