

A TIGNEY SOLUTIONS INSTITUTE COACHES STRATEGIC MASTERMIND GROUP JUNE NEWSLETTER



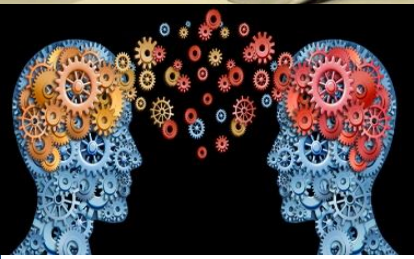
COACHING TIP Mentor Coach Shezetta

DGU

Do you see things as half empty or half full? Your answer will determine how you see the progress of your current year. I look back at this particular point in the year and say.... we are 6 months out of the year. From that perspective, I get to review what has taken place in the first 6 months and assess my progress. It's the most exhilarating thing. Whether I've accomplished all that I wanted to accomplish is not the point. The point is to be able to measure my capacity, persistence, and endurance in the process. See, I had to change the way I viewed my accomplishments a long time ago. In years past, it would be a depressing process and that's only because I was always looking at it from a negative perspective. When I decided that my sight would change in how I assessed my progress, my energy towards the assessment became more provoking.

At this particular point in the year....this is when you push and say to yourself....DGU! Interpreted, Don't Give Up! The next phase of your year gives you more opportunity to work towards that accomplishment, consider all of your goals and assess your current placement. Take the time to have a self- evaluation of your progress. Be gracious to yourself and then insert some milestones that you can successfully navigate. At the end of your year your assessment will be provoking, empowering, lifting and purposely set to position you for a powerful next year.

Whatever you do.....DGU! You are still on track to see what you have invested in yourself. Believe it, keep saying it....until you see it.



Master Coach Corner

Mindfulness By Mentor Coach Shezetta

It is important to have clients come "present" in the moment in each and every session. As the coach it is important for you to be "present" as well. When both of you are present in the moment during your session, it allows for a more fluid coaching experience to take place.

Being mindful in the moment is often easier said than done. Many times, people are rushing to a session from their work place or trying to get on a call after settling the children. In this busy world of ours and the ease of technology as a resource, getting still in order to be present can be a great challenge. The session allows an opportunity for you and your client to take a break and get still before engaging in a life altering experience.

Before starting a session,

1. Make sure your client is present. Take them thru a brief opportunity of prayer, meditation, or just breathing. It gives you the opportunity to be on the same frequency with them and allows them to mentally and emotionally be ready for their experience.
2. Allow opportunities for stretching. Stretching helps the mind expand. The body will relax into a state of comfortability which will release the client to be more at ease in participating in their journey.

The ATSI HCC training material talked about "Being in the Flow". Mindfulness and preparation help both the coach and client "be in the flow". Allow me to remind you of what being in the flow will produce...

" Like a river emptying into the ocean, coaching ultimately takes the client to a bigger place, a better life, a more profitable business. Masterful coaching flows like a river. There's a source - the client's agenda - from where the session originates. There's the end point - new perspectives and possibly next steps for the client. Between the source and the end point, there is the current with its occasional eddies and forks. Those are the coachable moments. Some are more dynamic than others. The shift is the rapids. It's where the flow really takes off and carries significant volume way downstream. As you become more experienced you'll discover the most direct route to convey your client further, faster." (2003-2010 Human Growth Capital, LLC)

Considering all that being in the flow will require, it's important to be centered and be mindful. Allow these simple techniques to become a part of your coaching expression. Your clients will thank you for it... And you will too.



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

Questions?

Contact Chanise Gilliam at A Tigney Solutions Institute. Access all tools and previous CSMG recordings directly through her.



www.ATigney.Solutions



Providing Personal & Corporate Solutions

UPCOMING EVENTS



CREATIVE AWAKENING
June 21st -24th

This isn't your normal conference actually its not a conference its a MOVEMENT. It is crafted for creatives by creatives! Learn, grow, and be free to use the gifts that God have given you. There will be many different artists who will help empower you and give you tools to cultivate the gifts that are locked inside. Don't be surprised because, you will learn something new about yourself. Come join us for a power packed weekend of Creativity and Worship!!!



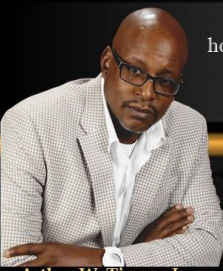
Register Today for our online ATigney Solutions Human Capital Coaching Certificate course Beginning Wednesday July 25th at 6pm



On July 25th ATigney Solutions Institute is offering **Human Capital Coaching Certification** online taught by our very own Master Coach and Lead Strategist Arthur W. Tigney, Jr. A Human Capital Coach brings transformation and has the ability to combine the innovative, perceptive, holistic insights and tools of transformation with the pragmatic and systematic skills of coaching to guide continuous process improvement, leadership and team development. If you have never taken a course taught by Master Coach Tigney, you are in for an experience. By the end of this course you will have gain and fine tuned the skill set of coaching, you will learn so much about yourself, discover what "type" of coach you are, and be on your way to beginning your business as a Human Capital Coach. **It's more than a certification course it's a launching pad!**
Go To TucsonBibleCollege.org to register today



ATigney Solutions Institute
Human Capital Coach
Certification course
Beginning July 25, 2018 at 6pm (Online)



A Transformation Coach has the ability to combine the innovative, perceptive, holistic insights and tools of transformation with the pragmatic and systematic skills of coaching to guide continuous process improvement, leadership and team development.

"Position yourself to help others live the life they where created to live"

Arthur W. Tigney, Jr.
Lead Strategist and Coach
For More Information: CGilliam@ATigney.Solutions or 520-323-8852
Powered by: Tucson Bible College 4500 E Speedway Blvd. Tucson, Arizona 85747



www.ATigney.Solutions



KEYES



NEW DESTINY INTERNATIONAL



T4NATION

KABN

Providing Personal & Corporate Solutions



As we unpack the book of Acts in the house of **New Destiny International** there is a provoking to BE the extension of what we are studying. Our Elder Brother Jesus was the best trainer! He did then He taught. In the book of Acts there are so many patterns that led to the demonstration of the power of the Kingdom of God. 1. They inquired of the Lord by praying, worshipping, and fasting to received instructions. 2. They were led by and obedient to Holy Spirit. 3. They had faith and expected manifestation and demonstration. These patterns were expressed in their own way nevertheless the principle of Jesus example was followed, and Kingdom power was exported.

It is time out for church as usual. The world is longing for trained and dispatched ambassadors of the Kingdom of God. It is time for the demonstration of the Kingdom of God in your life. What does that look like for you? What does God want to demonstrate THROUGH YOU? "For in Him we live and move and exist [that is, in Him we actually have our being]..." Acts 17:28a

Please visit our website www.ndi.vision for more information about our training and dispatching center. We forward to seeing you and hopefully having an opportunity to serve you on your journey toward DESTINY.

By Elder Chanise Gilliam

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



There is something inside of you the world is waiting on. What is it that stays locked in your head? To you it is a dream, a thought, an imagination or an idea that most times doesn't materialize. To others what is locked inside of you may be a solution, a strategy, or much needed source of

enjoyment for someone. You can be your worst enemy when it comes to your innermost thoughts. Do not find yourself keeping what's inside of you suppressed and locked inside behind the door of doubts and negativity. When is enough, enough!

In Chapter 1 of *7 Points Of Evaluation... Unlocking The Greatness Within* You will be challenged with; "How do you unlock the power inside?" There are visions inside that want to erupt into the world with the possibility to be the next big thing. We are talking about is something that is already inside you, but not yet developed. **Kingdom Ecosystems Yielding Entrepreneur Success (KEYES)** has the key to unlock your greatness. When this is unlocked can you SEE the possibilities? Do your dreams and goals a favor and contact us today for a complementary consultation at www.ATigney.Solutions or call us at 520-323-8852.

By Dante Gilliam, KEYES COO



We are a very dynamic people with much powerful prophetic insight and Apostolic directive. Here at **Tucson Bible College** we

believe that it is very important to *Study and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth.* 2 Timothy 2:15 Amplified Bible.

A true ambassador represents the King and His Kingdom where ever they are sent to go. There is a responsibility, an accountability, and a diligence to representing the King of all kings. In the book of wisdom Proverbs 22:29a King James Version there is an observation we must take note of; "Seest thou a man diligent in his business? he shall stand before kings..." This man is diligent in his studies and diligent in his application of what he has studied. Education is so much more that studying a subject and passing a test.

There is an equipping for purpose to change minds for the Nations.

Please visit our website www.TucsonBibleCollege.com to learn of our different academic programs that we offer.

By Coach Chanise Gilliam