

A. Contact Information

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B. General Questions

1. My approach to coaching:

In my coaching paradigm, coach and client are active collaborators; together, we design and co-create an alliance of equals to meet the client's needs. As coach, I have the questions and the client has the answers. The client is capable of finding his/her own answers — and does. The client is 'in charge'; the client sets the agenda. My coaching process is flexible and creative. My focus is on forwarding the client's action, follow-through and accountability.

2. I consider the benefits of coaching to be:

Coaching connects clients to their naturally creative, resourceful selves. Clients change through coaching, as they deepen their learning and forward their action. Through the process of coaching, the client takes action of some kind and also learns about him/herself and his/her world. The client's taking action engenders more learning; and, in turn, learning leads to further client action, including the client's next reality, redefining what is possible next.

3. The strengths as a coach that I contribute to the achievement of these benefits are:

My strengths as a co-active coach include: a strong base of 'emotional intelligence' (Daniel Goleman) and the ability and disposition to: listen openly, respectfully and non-judgmentally, be authentically present to, nurture a safe and courageous space, ask open, thoughtful, 'powerful' questions, sustain difficult and complex conversations, and support the client in deepening his/her learning.

4. My experience in the not-for-profit sector:

I have a lifetime of service with extensive experience at all levels, including executive and board leadership, with not-for-profit organizations, mostly educational, arts-based, or faith based — from the Kenya National Adoption Society, to the Kenya Schools Drama Festival, to Outward Bound (East Africa), to Toc H (London), to the Courtenay Comox Fine Arts Society. My coaching experience in the not-for-profit sector includes a variety of arts and educational institutions and organizations.

5. Why I am volunteering my time to the Leadership Coaching Program:

Adventure! But it's only later in life — which we live forward but understand only backward — that I am appreciating what Henry James once famously said, that there is no such thing as an adventure pure and simple. There is only mine and yours, his and hers — it being the greatest adventure of all just to be you or me, he or she. In this adventuring resonates for me the joy of coaching: the joining with another on a journey, a quest into the unknown of his or her life.

The Leadership Coaching Program is being offered with extensive support from the International Coach Federation, Vancouver Chapter

