



Excellence  
Happiness  
Optimism

29-31 January 2007, Dan Panorama, Tel Aviv, Israel

*It's now becoming a tradition...  
The best presenters in the world all in one place,  
in the land of soft sun and historical sites.*

## **The 2<sup>nd</sup> International Coaching Conference**

Happiness, Optimism and Excellence  
The Link Between Coaching and Positive Psychology

# General Programme

Day 1 ● Monday 29.01.07

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**07:00-08:25** Reception & Registration

**08:30-09:00** A Powerful Opening  
Greetings & Introductions:  
Sara Arbel – Founder and President of ICF-Israel Chapter

**09:00-10:00** **Positive Psychology: The Science of Happiness**

**Dr. Tal Ben Shahar**

The study of happiness--of enhancing the quality of our lives--has been dominated by pop-psychology (much charisma, but relatively little substance) and academia (much substance, but isolated from most people's everyday lives). Positive Psychology--the scientific study of optimal human functioning--creates a bridge between the Ivory Tower and Main Street, making rigorous academic ideas accessible to all. Tal Ben-Shahar, instructor of the most popular course at Harvard University, will discuss the findings of current research on the science of happiness and introduce ideas and tools that can actually make a difference in one's life, will help you and your clients be more productive, have higher levels of energy and realize the innate potential.

**10:00-10:30** Break

**10:30-11:15** **You CAN Have it ALL, Come Get It!!! Change your mind – change your life!**

**Dr. Terri Levine, MCC**

Dr. Terri Levine went from being miserable in a JOB she did not enjoy, lacking in health and vitality, with no time for family, friends, community, spiritual practice, or hobbies, to creating a comprehensive life that is full and juicy! Terri discovered a process that she now shares with people around the world and that Coaches can use with their clients to help them create more EXTRAordinary lives. This process has amazing outcomes and allows people to quickly tap into their Comprehensive Soul Mission and Comprehensive Life Vision as they create an Inner Print of their deepest life desires that fills them with happiness, joy, peace, and calm.

Upon completing this session, participants will be able to:

- Help clients tap into their deepest core desires fast.
- Have clients identify their core essences.
- Have clients know their truths.
- Help clients to fully see and realize and know and sense and

feeeeeeeeeeeeeeeeeeeel their desires.

- To create a manifestation plan with their clients.
- To use an evidence journal that reinforces their client's success.
- To best support clients in living happier, more meaningful and EXTRAordinary lives!

**11:15-12:00 Positive Psychology and Coaching: Integrating Mind and Heart**

**Dr. Ben Dean, MCC**

Over the last 15 years, coaching has spread exponentially throughout the world. The number of coaching schools alone has grown from five to more than 300. Yet coaching has been a practice almost entirely devoid of supporting research--until now. Positive psychology research, the scientific study of optimal human functioning, fits perfectly with coaching and is beginning to offer the empirical base that coaching has always needed. Still the vast majority of coaches have no direct knowledge of positive psychology other than an awareness of the name and its increasing cachet. Here Ben will share his 20 years as a coach, his passion for integrating positive psychology with coaching, and specific, practical strategies for bringing positive psychology to bear on your own coaching practice

**12:00-12:45 Channeling our Emotions for Wonderful Progress**

**Dr. Nick Baylis**

Here's how to skillfully harness the enormous energy of our painful emotions (such as fear, shame, anger and regret) as well as our pleasurable emotions (such as love, hope, and pride) to help us move forward in life. If we lack the know-how to deal with this energy, both painful and pleasurable emotions are likely to prove equally disruptive.

However, if our well-channeled pain and well-channeled pleasure lead to progress, this could revolutionise how we live our everyday life. *Put simply:* the more confident we can become in channeling our pains as no more than an occupational hazard of attempting to make progress, then the more confidently we can confront our fears and dare to venture forward despite the risk of increased setbacks or loss or rejection. By being more entrepreneurial in this way, we live life more openly and more deeply, and this brings the likelihood of greater partnership and progress

**12:45-13:00** Recapturing the morning lectures - Yoram Gordon

**13:00-14:30** Lunch, Exhibition and Sharing

**14:30-17:30** Breakout sessions

- **Leadership Cultivation: Coaching Ourselves and Others**

### **Dr. Tal Ben-Shahar**

Leadership development is personal development. Based on research in the areas of Transpersonal Psychology and Appreciative Inquiry, this workshop looks at the conditions that individuals or organizations need to put in place to bring about growth. To make the most of their potential, leader should learn to manage their weaknesses and then focus primarily on their unique strengths.

- **'The Skills of Well-being': Confronting avoidance and working with the sub-conscious mind**

### **Dr. Nick Baylis**

First half:

- Here's how we can help our client identify the 'unhelpful patterns' in their life, which will be held in place by avoidance, isolation, secrecy, shame, and an inability to confront themselves. Once the client recognises the behaviour patterns from their distant and recent past, and is given the tools and the confidence to channel the pain of 'confronting' those unhelpful patterns, then they can make wonderful progress.

Second half:

- Nick will teach some ways of working gently with our subconscious mind: for instance, the slowed breathing and Eriksonian hypnotic techniques that are first used to encourage clarifying disclosures by the client, and then can serve to help heal the past, engage with the present, and rehearse a positive future. These skills can then be taught to a client so they can develop their skills in-between coaching sessions.
- **Comprehensive Coaching – The 12 Happiness Principles For Creating An EXTRAordinary Life and Business.**

### **Dr. Terri Levine**

This seminar will teach a comprehensive coaching approach based on psychology, human behavior, education, spiritual practices, and Universal Laws. As people learn this process, they will understand the path for happiness and how to create a happiness plan that is comprehensive.

Dr. Levine will first teach the principles to create an EXTRAordinary life and business based on Universal Laws such as: attraction, creating, allowing, intending and desiring, focusing and imagining, using abundance and creative intelligence, contrast, gratitude and appreciation, forgiveness and release, vision and faith and prayer, balance and harmony, and divine love and light. Then she will engage the participants through interactive activities and exercises so that they will fully understand the principles and see how to begin applying them in their own lives and work.

This will be an experiential and enlightening keynote. In addition to learning, the audience will participate and there will also be coaching opportunities so that people will see how to use the principles

immediately in their lives and with coaching clients. The entire experience will be playful, fun, informative and will also inspire and challenge the audience. No one will leave in the same space or with the same old thought patterns.

Upon completing this session, participants will be able to:

- Have more clarity about themselves and their lives and know how to create this for others
- Be more self reliant
- Feeeeeeeeeeeeel more connected
- Be more optimistic and empowered and coach others to do the same
- Fully get their unique brilliances and be able to do this for clients
- Have clarity about decisions
- Feeeeeeeeeeeeel more confident
- Create an abundance of energy and show others to do the same
- Live a more balanced, peaceful, joyful life
- Create more harmonious relationships
- Have greater self awareness
- Move through change with ease and grace
- Be connected to a higher source
- Coach clients to master all these skills as well

- **Happiness -The Benefits of Positive Emotion**

**Robert Biswas-Diener**

Happiness is not a destination; it is a valuable emotional resource. In fact, positive emotion is one of the best resources your clients are currently overlooking! Research shows that happiness is related to better work, better health, and better relationships. In this workshop you will learn about the many benefits of positive emotion from coach/researcher/author Robert Biswas-Diener. Robert will show you how to use formal assessments of happiness to coach your clients and measure your coaching success. The workshop will also cover the latest research findings on happiness: the hidden ways in which culture affects happiness, the dangers of having too much happiness, and the powerful role of optimism in happiness. By the end of the workshop you will understand major theories of happiness, be familiar with methods of assessing happiness with your clients, and be able to use a number of interventions designed to increase client positivity.

- **IMPROV: How to gain the edge as a Solutions Focus coach**

**Paul Jackson & Janine Waldman**

Interactions are at the heart of coaching. In Solutions Focus we have a saying: "The action is in the interaction". And because each interaction is different, it has to have an element of spontaneity to give it value.

This work takes you to those very practical paradoxical places where you need both structure and freedom, planning and instant response, a general awareness and the agility to work with whatever emerges.

The structure is provided by The Solutions Focus approach to change, in particular the OSKAR coaching model.

In a range of activities for coaches and managers who use coaching, participants will

- Sample activities related to coaching with a Solutions Focus
- Put concepts and ideas into practical use on some individual coaching issues
- Experience the power of Scaling and other solutions tools
- Have a brief introduction to the Solution Focus approach
- Understand the Coaching Model - OSKAR - and how it facilitates change in behaviour

The radical, new Solutions Focus approach is leading the way in many organisations, enabling people to have the kind of conversations that save time with colleagues, improve the quality of their interactions, and allow them to get their messages across far more effectively. You will discover how you might apply Solutions-Focused Coaching within your own practice

- **The Blue Sky Coaching Workshop**  
**Dr. Ben Dean, MCC.**

Blue Sky Coaching--Using positive psychology research to help your clients (and yourself) create an exciting and deeply meaningful life vision: Designing a BHAG (a Big, Hairy, Audacious Goal\*)--a very large vision of what your life could be. Then using backward planning to back yourself back into the present. Then creating the focus and social support to bring it to life. You'll learn to do this first for yourself and then for your coaching clients. And you'll do this using the wisdom of new positive psychology research.

Abstract:

Positive psychology teaches us that we think too small. That we often pursue goals which will ultimately **not** bring us lasting happiness and satisfaction. And that our judgment about what will, in fact, make us happy or sad is consistently flawed. In this workshop, we'll bow to the realities of this research while creating a large and inspiring five-year vision for our lives.

Most of us think far too small. Even the big dreams that we have are almost always constrained by our hidden blinders. This is especially true for those coaches and coaching clients) who are not used to creating BHAG's (big, hairy, audacious goals).(Collins et al, 1999).

Yet if you think back over your life and remember the most important accomplishments you've achieved, almost always they began with and were sustained by a powerful vision.

In this workshop, we're going to help you begin to create a BIG vision for your life. I often say here: Don't imagine yourself in five years being on the Oprah Winfrey Show talking about your book. Instead \*be\* Oprah Winfrey.

However, we'll use the wisdom of positive psychology as we move through this afternoon. It's true that positive psychology teaches us that we think too small. But it also shows us that we--and our clients--tend to pursue goals that will not bring us the happiness and life satisfaction we seek. And even more surprising, we think we are very good at picking goals that will make us happy. But we aren't. Rather we all make systematic errors in goal selection.

So in this workshop we will keep one eye on this research and one eye on the challenge of creating a life we would love.

Our atmosphere will be light, reflective, and at times playful. But make no mistake, we will lead you through exercises which will allow you to create a vision of your life five to seven years in the future--a vision that is anchored by six specific outcome goals. Then we'll show you exactly how to do backward planning from those goals, backing yourself back into the present.

Then you'll learn how to create the focus and social support to bring your vision it to life. And you'll learn to do this first for yourself and then for your coaching clients.

\*Collins, J.& Porras, J. (July-August 1999). Turning goals into results: the power of catalytic mechanisms. Harvard Business Review

- **The Art of Letting Go (Workshop in Hebrew)**  
**Orly Katz**

A.H Almaas Writes: "the most elementary, most external requirement for growth is the willingness to let go of what you believe should happen..."

Did you ever meet coachees that were over doers? coachees that sank deep in an endless loop of overdoing to achieve something, but the process did not bring any results ,only disappointments?

Most of us have an "unborn baby", something that we really want, something that will make us happy and relax once it arrives.

We do all we can to reach it, but for vain, no success ...

What can we do? How do we get over the frustration? How can we get rid of the obsession that threatens to drown us?

In the workshop we will practice coaching tools for cases where the coachee is an "over doer".

The coach should lead him out of the comfort zone of over doing, toward a new acceptance of letting go, that will lead to a new reality.

**During the meeting we will:**

- Define what it is we run after, what chases us, and from what should we let go
- Understand what we gain and what we loose due to this chase
- Practice the Letting Go Model in order to bring it to a level of art.
- Recognize the emptiness that will follow the letting go process, and ways to fill it up

- Realize that sometimes there is a need to change, adjust, and define our dreams differently in order to complete the full picture of our life.
- **“Rational Optimism – The Generator of Positive Energy in Coaching” (Workshop in Hebrew)**  
**Yoram Galli & Dr. Avi Berman**

People tend to be suspicious when addressing optimism, as it is perceived as linked to naivety.

Yet, optimism is a vital component in any possibility of change. We introduce it as a positive possibility within other possibilities, accessible to everyone, and as a change generator.

We encounter optimism as coaches and trainers, as human beings and in roles in organizations and in society.

Optimism serves us as a skill for both the people we coach and ourselves as coaches.

In the workshop we will discuss this concept and explore its useful implications in consulting and coaching:

- We will meet the “Rational Optimism”
- How to generate the optimism inside us as coaches and inside those whom we coach.
- What are the main distinctions that are unique to Optimism as a skill?
- When is it “right” to be optimistic?
- We will know several techniques of moving towards the optimistic channel and its development.
- How to provide a clearing where there is a place for optimism along with pessimism.

It’s a workshop that aims at looking at the two thirds of the filled glass!

- **Wisdom, Compassion & Emptiness – Experiences in Buddhist Coaching (Workshop in Hebrew)**  
**Prof. Jacob Raz & Nahi Alon**

The workshop will present a variety of buddhist insights and practices which offer:

A clear view of reality, un obscured by mental formations.

A practice of mindfulness which identifies those mental formations and obstacles.

A practice of partial or total removal of those mental formations and obstacles.

A way to de-frame our view of reality, in order to behave in it in a creative and compassionate way

- **Breakthrough Coaching Groups - Powerful Coaching (Workshop in Hebrew)**

## Sunny Gordon Bar & Ariella Zeevi

**17:30-19:00** Exhibition, Networking and Sharing

### Day 2 ● Tuesday 31.01.06

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**07:00-08:25** Reception & Registration

**08:30-09:00** A Powerful Opening

Greetings & Introductions:

Liora Lipetz – Chairman of the Israeli Chamber of Coaches

**09:00-10:00** **Expecting Success: Beliefs As Self-Fulfilling Prophecies**

**Dr. Tal Ben Shahar**

More often than not, internal psychological limitations rather than external physical constraints prevent us from attaining our goals. The lecture explores the power of the mind and provides tools and techniques that help individuals and organizations make the most of their potential.

**10:00-10:30** Break

**10:30-11:15** **Work Yourself Happy: Coaching Tools for Creating Joy at Work**

**Dr. Terri Levine**

Many professionals are stuck in a career or company or profession that does not feed their soul every day. Is this what life has to offer? NO! This coaching program will give coaches special tools for working with clients who want to create the lives they are dreaming of and who are ready to make choices about their careers. It begins with getting the clients to admit they don't love what they are currently doing. Next, the coaches will learn 5 specific areas to coach clients on who are ready to make this shift, in a step-by-step format. It is designed so that the coaches can take the ideas and use them with clients immediately to bring clients the gifts of creating joy in their lives and their work.

Upon completing this session, participants will be able to:

- Understand the 5 secrets of Work Yourself Happy.
- Identify ways to assist clients to let go of the past.
- Recognize the importance of taking a look at the clients' previous endeavors in the coaching relationship.
- Know at least 3 activities that are effective for moving clients to learn about themselves and their career paths.
- Have comfort in using at least one of the tools.

**11:15-12:00** **Walking Toward the Cannons--Positive Psychology and Change**

## **Dr. Ben Dean, MCC**

MentorCoach®, Ben's coaching school, aspires to live Marcel France's dictum. "The secret of life is this--when you hear the sound of the cannons, walk toward them." For every brave client who pursues ambitious goals, there are times of anxiety and fear. (If your clients are anxiety-free, they are playing it far too safe.) Helping your clients move toward that fear, move through that anxiety, is an art form. And positive psychology provides us with freeing, powerful tools for this work. Here Ben will share the practical strategies he uses with clients that help them move toward their cannons

### **12:00-12:45 Learning from Wonderful Lives: lessons from the study of well-being.**

#### **Dr. Nick Baylis**

Many published and much-quoted psychology studies were poorly designed and are dangerously misleading. If we ever had to recount them to a client, they'd be far from convincing. Every self-respecting coach needs to know how to weigh-up the research they read about in journals, best-selling paperbacks and magazines, so they can distinguish for themselves which study designs are likely to have produced trustworthy and motivating insights. Nick will illustrate his points from major and influential studies...the good, the bad, and the ugly... all directly relevant to how lives thrive and flourish.

**12:45-13:00** Recapturing the morning lectures - Yoram Gordon

**13:00-14:30** Lunch, Exhibition and Sharing

**14:30-17:30** Breakout sessions

- **Leadership Cultivation: Coaching Ourselves and Others**  
Dr. Tal Ben-Shahar
- **'The Skills of Well-being': Confronting avoidance and working with the sub-conscious mind**  
Dr. Nick Baylis
- **Comprehensive Coaching – The 12 Happiness Principles For Creating An EXTRAordinary Life and Business.**  
Dr. Terri Levine
- **Happiness -The Benefits of Positive Emotion**  
Robert Biswas-Diener
- **IMPROV: How to gain the edge as a Solutions Focus coach**  
Paul Jackson & Janine Waldman
- **The Blue Sky Coaching Workshop**  
Dr. Ben Dean, MCC.
- **The Art of Letting Go (Workshop in Hebrew)**  
Orly Katz

- **Breakthrough Coaching Groups - Powerful Coaching (Workshop in Hebrew)**  
Sunny Gordon Bar & Ariella Zeevi

**17:30-19:00** Exhibition and sharing

## Day 3 ● Wednesday 1.2.06

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**07:00-08:25** Reception & Registration

**08:30-09:00** A Powerful Opening.  
Greetings & Introductions:  
Doron Libshtein - Founder and Executive Director of CoachingInteractive.

**09:00-10:00** **Coaching in Organizations**

**Yoram Gordon**

**10:00-10:30** Break

**10:30-11:15** **Peak Performance: You Get What You Expect**

**Dr. Tal Ben Shahar**

The long term success of the organization depends, to a great extent, on the environment that the leader creates. A good leader can institute norms and expectations that will raise the level of performance of the entire organization. This module explores how we as leaders can create an environment conducive to growth—at work and at home.

**11:15-12:00** **Stop Managing, Start Coaching! How to Make Employees HAPPY and Productive So They Help Businesses Prosper and Thrive**

**Dr. Terri Levine, MCC**

Managing is dead. We've finally learned that we can't manage people. Coaching has replaced *management* as it has lasting outcomes that have employees feeling happy in their work and companies creating corporate cultures that foster community.

Terri outlines exactly how to shift a company and its leaders to the coaching philosophy that creates excellent results and has companies thriving around the world. Dr. Levine uses examples that inspire and motivate and will leave you with clear actions to greater success. Upon completing this session, participants will be able to:

- Get employees to do what is needed, with ease.
- Take mediocre employees and create high-power work performance teams.

- To get employees to do 50% - or more- work in less time.
- Lower employee turnover
- Implement and obey the one law you must know to keep employees from quitting!
- Get employees to really respect you and follow your lead.
- Use the four magic questions top managers use to get showered with employee loyalty
- To do employee reviews that get employees motivated!
- To blast through employee reluctance and any emotional blocks to dealing with employees.
- To appreciate what employees want and to know exactly how to reward them.
- To use solid tactics to boost morale fast.

**12:00-12:45**    **The Paramount Role of our Sub-Conscious Mind in achieving profoundly rewarding progress in life.**

**Dr. Nick Baylis**

Nick will consider how our sub-conscious can, if un-harnessed, hold us back via emotional trauma, psychosomatic illness, and 'self-sabotage'; whereas, if worked with sympathetically through Ericksonian Hypnosis and other techniques, our subconscious can help us forge wonderful progress. Nick will present good evidence for the role and power of our sub-conscious/subliminal mind in our everyday lives; and will go on to explain the sorts of safe and straightforward techniques that we can all of us learn to develop our conscious-subconscious harmony and so foster profound improvements.

**12:45-13:30**    Recapturing the morning lectures and Farewell - Yoram Gordon

**13:00-14:30**    Lunch, Exhibition and Sharing

**14:30-17:30**    Breakout sessions

- **Leadership Cultivation: Coaching Ourselves and Others**  
**Dr. Tal Ben-Shahar**
- **'The Skills of Well-being': Confronting avoidance and working with the sub-conscious mind**  
**Dr. Nick Baylis**
- **Comprehensive Coaching – The 12 Happiness Principles For Creating An EXTRA ordinary Life and Business.**  
**Dr. Terri Levine**
- **Happiness -The Benefits of Positive Emotion in organizations**  
**Robert Biswas-Diener**

Employee positivity makes for a better workforce. Positivity is associated

with higher employee health, job satisfaction, creativity, salaries and performance, as well as better supervisor evaluations and organizational citizenship. In addition, positivity translates to lower rates of absenteeism and lower turnover.

In this workshop you will learn about the many benefits of positivity from coach/researcher/author Robert Biswas-Diener.

The workshop will also cover the latest research findings on happiness: the dangers of having too much happiness, the powerful role of optimism in happiness and the hidden ways in which culture affects happiness. Understanding cultural differences in happiness allows managers to set realistic expectations for employee satisfaction, use culturally appropriate motivators, and helps them to create better teams and maximize task mastery.

By the end of the workshop you will understand major theories of happiness, be familiar with methods of assessing happiness and be able to use a number of interventions designed to increase employee positivity.

- **IMPROV: How to gain the edge as a Solutions Focus coach**  
**Paul Jackson & Janine Waldman**
- **The Blue Sky Coaching Workshop**  
**Dr. Ben Dean, MCC.**
- **Coaching Groups in Organizations – How to achieve organizational AND personal Goals (Workshop in Hebrew)**  
**Sunny Gordon Bar & Ariella Zeevi**
- **Effective Excellence – The Coaching Experience as a Tool for Fostering Excellence in Organizations (Workshop in Hebrew)**  
**Liora Lipetz**

In the modern business environment of the 21st century, it appears the greatest management challenge is creating competitive advantage by rapidly disseminating corporate strategy throughout all levels of the organization. Business dynamics and globalization necessitate flexibility, agile opportunity recognition and efficient reconciliation between business strategies and changing market conditions. No wonder, therefore, that extensive research points to a disconnection between management execution and corporate objectives. A Gallup poll has shown that only 22% of managers identify a clear relationship between their job and their company's corporate mission and only 54% know and understand what they must do to support and promote their company's strategic goals and competitive success.

"SUCCESS" offers this experiential workshop that exposes attendees to a coaching process allowing implementation of strategies at the department

divisional and management levels by applying our model for generating business excellence through five business success excellence engines.

Throughout the workshop attendees will personally experience the implementation of our model and will exercise identifying their own excellence engines as managers and persons.

Target audience: Corporate Managers, Human Resource & Training executives, Entrepreneurs and Business Coaches.

**17:30-19:00** Exhibition and sharing

### **The Speakers:**

#### **Dr. Tal Ben-Shahar**

Tal Ben-Shahar is an author and lecturer at Harvard University. He taught the largest course at Harvard on "Positive Psychology" and the third largest on "The Psychology of Leadership"--with a total of over 1,400 students.

Tal consults and lectures around the world to executives in multi-national corporations, the general public, and at-risk populations. Topics include leadership, ethics, happiness, self-esteem, resilience, goal setting, and mindfulness. He is the author of three books, most recently *The Question of Happiness: On Finding Meaning, Pleasure, and the Ultimate Currency*.

An avid sportsman, Tal won the U.S. Intercollegiate and Israeli National squash championships. He obtained his PhD in Organizational Behavior and BA in Philosophy and Psychology from Harvard.

#### **Dr. Ben Dean, MCC**

Ben is a psychologist, coach, and a leading expert at the intersection of coaching and Positive Psychology. He holds a Ph.D. in psychology from the University of Texas at Austin and has been coaching since 1981.

In 1997, he founded **MentorCoach**®, an ICF Accredited Coach Training Program. In public presentations and in its training programs, **MentorCoach** is the world leader in coach training infused with positive psychology.

From 2003 to 2005, Ben partnered with legendary psychologist, Martin E. P. Seligman, Ph.D., the founding father of Positive Psychology to co-found **Authentic Happiness Coaching LLC**. In those two years, AHC, a virtual university, trained 1000 professionals in 19 nations in the theory, tests, exercises, and interventions of Positive Psychology. With Robert Biswas Diener, Ben has co-authored *Positive Psychology Coaching* (Wiley, 2007, In Press).

## **Dr. Terri Levine, MCC**

In addition to being the founder of ComprehensiveCoachingU.Com and The Coaching Institute ([www.coachinstitute.com](http://www.coachinstitute.com)), leading international coach training programs, Terri coaches, leads workshops, helps other coaches learn to build their businesses, and is the author of numerous articles and many bestselling books, including: "Work Yourself Happy", "Stop Managing, Start Coaching", "Coaching for An Extraordinary Life", "The Successful Coach" and "Create Your Ideal Body". Terri holds a PhD in Organizational Behavior and was a senior executive for many years.

## **Dr. Nick Baylis**

Dr Nick Baylis is co-Director of the newly created Well-being Institute, University of Cambridge, England ([www.CambridgeWellbeing.org](http://www.CambridgeWellbeing.org)), and lecturer in Positive Psychology & The Science of Well-being.

He is a coach, therapist, researcher and writer, and, for his determination to know what really works, Nick is widely regarded as the UK's leading voice in our understanding of lives that go well: psychologically, physically, and socially.

His corporate clients this year have ranged from The BBC World Service through to Credit Suisse Business School, and from Proctor & Gamble (R & D) through to The Royal College of Medical Practitioners.

His new book, *Learning from Wonderful Lives*, is highly praised by Professor Philip Zimbardo, the 2002 President of the American Psychological Association: "*Rarely have I experienced a better blend of wit, wisdom and compassion presented in an engagingly refreshing writing style, as in Nick's fine book.*"

In *The Times* newspaper (of London), Nick wrote more than 100 weekly columns as *Dr FeelGood* on *The Science of Happiness*, is syndicated across the world, and is now a frequent presenter on BBC national television and radio. (Visit [www.NickBaylis.com](http://www.NickBaylis.com))

## **Robert Biswas-Diener**

Robert Biswas-Diener is a coach and positive psychology researcher with an interest in how culture and materialism affect happiness. Robert has published articles and chapters on happiness and empathy in professional journals as well as popular magazines. With Master Coach Ben Dean, Robert is co-author of the book *Positive Psychology Coaching* (forthcoming from Wiley & Sons). He serves on the editorial board of the Journal of Positive Psychology. Robert is also on the International Advisory Board and is a Teaching Fellow at the Center for Applied Positive Psychology (UK). Robert is also a part-time instructor of psychology at Portland State University, in Oregon (USA). He is particularly interested in techniques for applying positive psychology to coaching.

## **Paul Z Jackson**

Co-author of *The Solutions Focus – The Simple Way to Positive Change*, is an inspirational consultant and coach.

His expertise in improvisation, accelerated learning and the solutions focus approach has attracted corporate clients and public organisations, ranging from Ashridge Business School to Procter and Gamble, from local authorities to top five accountants and Greenpeace UK.

Paul has delighted audiences at many conferences and seminars. With a background in comedy and acting, he brings humour and drama to his talks. He is co-author of the groundbreaking book, *The Solutions Focus - The SIMPLE Way to Positive Change*, rated as one of the Top 30 business books of the year in the USA

Paul draws on his experiences in consulting, coaching, improvisational comedy and drama, his work in journalism and the BBC, to create impactful, story-rich presentations that relate to your organizational needs.

### **Janine Waldman**

Janine has introduced coaching into organisations as both an internal head of employee development and as an external consultant. She has coached managers and facilitated workshops for clients including Tesco, Abbey, United Technologies Corporation, Merton Borough Council, Greater Manchester Police and London Metropolitan Police. A certified business coach and NLP practitioner, Janine is also a Visiting Lecturer at Birkbeck University and Westminster University.

Janine is coaching director with the leading change consultancy, The Solutions Focus, at the forefront of sharing radical new ideas about coaching, strategy and performance in organisations worldwide.

### **Yoram Gordon**

A Coach and a Senior Organizational Consultant. The founder, Academic Director and Main Coach of CoachMe, the leading coaching school in Israel.

Yoram is an IAC Certified Coach who specializes in Coaching of Leaders. He developed The Breakthrough Coaching Model based on the principles of The System Thinking Approach.

Yoram has a 30 years experience in change processes of senior executives, organizations and businesses in Israel and North America. He is an Affiliate in the Centre for Strategic Management, where he served as a member of the International Board.

Yoram was born in Israel and he lives a happy and optimistic life with his wife Sunny - a coach and a senior Clinical Psychologist, his 4 children and 2 grandchildren.

### **Doron Libshtein**

CEO & Chairman of Coaching Interactive, holds MBA from Heriote Watt university, He was a Microsoft executive for the last 12 years, in those years he was the CMO - Marketing lead in Microsoft Israel, CEO and founder of MSN Israel, and recently Senior Director in EMEA HQ– he is now the chairman of Tapuz (the leading community portal is Israel IPO in TESE.)

## **Orly Katz (MBA)**

A personal, career and business coach for women.

Has a PCC accredited Coaching Diploma from the ICF.

Orly is a graduate of the prestigious College of Executive Coaching in the USA.

Orly Founded and runs O.K Coaching- The Women's Coaching Center. She also lectures and moderates academic workshops in organizations and in the private sector.

Orly has a regular column in ynet which discusses coaching issues relevant to working mothers. Her book, Me and My Dizzi- the first coaching book for women, which she wrote with Dana Raz, was published in Israel. [www.okcoaching.com](http://www.okcoaching.com)

## **Avi Berman, Ph.d.**

Clinical Psychologist, Organizational Consultant, The Israeli Institute of Group Analysis, The Tel-Aviv Institute for Contemporary Psychoanalysis, Tel-Aviv University.

## **Yoram Galli**

MEI, Management Consultant and Team Coach, **CREATEAMS** *Creating Powerful Teams*, Managing Director, **SFIO** - The Institute for SF in Organizations, SF Brief Coach

## **Liora Lipetz:**

An executive level consultant and business coach for corporations and organizations.

CEO of "SUCCESS-GBE" - Generate Business Excellence

Chairman of the Israel Coaching Association

Has over 20 years of senior management experience at leading corporations in the business and marketing disciplines.

Graduate of Tel-Aviv University in Economics and business Administration.

Graduate of the Coaching academy.

Graduate of CTI – The Coaching Training Institute in the US.

## **Prof Jacob Raz**

Dept. East Asian Studies, Tel Aviv University

Lecturer of Buddhism, Zen Buddhism and Japanese Culture.

Author of many books and articles on Buddhism, zen buddhism, and various aspects of Japanese culture.

Co-founder [with Mr. Nahi Alon] of PsychoDharma Institute, which offers Buddhist insights and practices as a relevant way for the modern world; working with psychologists, psychotherapists, social workers, physicians, mediators, and in organizations.

## **Nahi Alon**

A Clinical Psychologist, studying Tibetan Buddhism for more than 20 years, Co-founder [with Prof. Raz] of PsychoDharma Institute, coaching the Buddhist way, people who work with people.

### **Sunny Gordon Bar**

A Clinical Psychologist and mentor. Senior Coach, instructor and main guide in CoachMe College. Sunny is responsible for developing the ADHD Coaching and Coaching Groups fields in the college. After graduating from Ginger Cockerman's Coaching Groups course they are co-operating in adapting the Coaching Groups field to different cultures.

### **Ariella Zeevi**

A senior Coach and Executive in CoachMe College, trainer of coaches.

A CBT (Cognitive Behaviorist Therapy) Therapist.

Ariella has a vast experience in Life and Business Coaching. She coaches in organizations, companies and educational institutes.

Former executive managing several institutes, now a member of several public boards of directors.

