

A. Contact Information

Name	Janon Hamel
Current Employer	JH Coaching & HR Solutions
Title	Life and Executive Coach
Website	www.jhcoaching.net



B. General Questions

1. My approach to coaching is...

In organizations, coaching helps bridge personal and organizational purposes and assure that these 2 align for the benefit of all. Organizations work and progress through people's work and interpersonal relationships. Coaching can help the best emerge from these relationships by allowing/supporting the expression of ideas, perceptions, beliefs, hopes, messages and facilitating the co-creation of the present and the future.

2. What do you consider the benefits of coaching to be?

- More clarity for individuals and organizations
- Broader lists of possible options for the present and the future
- Stronger (deeper) agreements between partners of all types
- Better alignment of purpose, method and action
- Faster realization of goals and objectives
- More creative solutions
- Lighter and more enjoyable solution finding processes

3. What strengths as a coach do you contribute to the achievement of these benefits?

I bring to coaching the following attributes: curious, loving to connect, open minded, energetic, no pre-conceived idea of what the best solution might be, passionate and engaged listener, strong believer in the capabilities of my clients, experience of large and small corporations and organizations, as employee, manager and executive, experience of volunteering, extensive training and experience in management and life coaching (ACC accreditation pending). *I deeply believe in coaching: I know it works. I can do it and support the people who experience it for the first time.*

4. What experience do you have in the not-for-profit sector?

I have served on a variety of not-for-profit boards. I am currently a volunteer with SUCCESS in their program to help immigrants integrate the Canadian labour market as well as with the Society of Economic Development of BC (in French) as a mentor for entrepreneurs.

5. Why are you volunteering your time to the Leadership Coaching Program?

I like the idea of helping people work together and improve their synergies. Doing it in the non-for-profit sector is even more important as resources are limited there and support is scarce for decision makers and managers. I am grateful to be offered the possibility of giving back while I practice my passion. This is also a great opportunity for me to know more about the realities of non-for-profit organizations in BC and of the people who work in them.