



Philadelphia
Charter Chapter

APRIL 2013 - Member Spotlight:

Deb Denis, MS, CPC, PCC

By Pat Weeks, ACC, RTTP



Deb Denis' longtime friends know that persistence and uncompromising dedication are part of her DNA, what she brought into this world. However, it was a course on Coaching taken as part of her graduate program at Penn where Deb discovered the call to coach. That course provided Deb with a mentor, a new direction, and a group of fellow professionals she admires. Deb finds that in coaching, she is

consistently amazed with the ability of others to dig deeply, be brave and vulnerable, and realize change to a degree that they never thought was possible.

Deb has found that she loves to coach people who aren't afraid to dream big or, if they are, persist in working to get there anyway. She muses that the clients who have the hardest time letting go of beliefs that don't serve them well (and push her buttons) are the ones she has the hardest letting go. She passionately wants to help people get unstuck and help them see other options, other possibilities. She loves the acronym YAHOO - you always have other options.

Given two weeks of free professional development, Deb would use that support to do more with Coaches without Borders, a 100% volunteer effort to bring coaching to underserved areas of the world. She hungers as well for partners who can help her, in her words, "be more effective in growing this important work in the world."

In 2010, Deb decided that she wanted "to be a lighter presence in the world" and to climb Mt. Kilimanjaro, a peak reached by only 41% of those who attempt it. No one, including Deb, thought she could do it, but Deb knew that she could no longer challenge others to move through their fears if she didn't move through her own. In this way and many others, Deb has earned the right to use the words she lives by: "Anything is possible."

She is grateful for the gift of community in ICF Philadelphia and invites readers to her website www.DebDenis.com. Deb's experience on Kilimanjaro is captured in her book, published in 2012, "Kilimanjaro, One Woman's Journey to the Roof of Africa and Beyond."

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