

Webinar Topic:

Where's the line: How to support a coaching client's mental wellbeing?

A panel discussion to explore when and why a coach should refer a client.

TUESDAY
30 NOV 2021
7:00PM - 9:00PM
(Singapore time)



COST:
FREE EVENT,
ALL WELCOME.

Our panel:
Cindy Jensen PCC, Enoch Li,
Jonathan Marshall PCC and
Dr Frances Penafort MCC

Register Now!

QR Code



REGISTRATION LINK

https://coachingfederation-org.zoom.us/webinar/register/4516360806756/WN_lc3skl8RQb-6tTGFkpx2mw

ICF
Professional
Coaches

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Where's the line: How to support a coaching client's mental wellbeing?

Date & Time:

Tuesday 30 Nov 2021
7:00pm - 9:00pm Singapore time

Program Description:

The line between executive coaching and psychotherapy is, at best, blurry. Both professions help their clients fulfill more of their potential. And both may delve into deep parts of a coachee personality, including formative experiences from the past. The difficulty in identifying when to refer a coachee to a mental health professional has sadly meant that many clients have unnecessarily suffered. This discussion will help us understand the issues and provide us with the tools for identifying when to refer a client or employee.

Registration information:

1. Please register [here](#). Once registered, you'll receive a zoom meeting link.
2. Attendees who attend the entire session receive 2.0 ICF CCE's in Core Competencies. These can be counted towards Ethics CCEs³. This is a public event and is open to everyone.
4. The webinar will be conducted in English only.
5. You're encouraged to submit questions related to the topic via zoom. If time allows, we will ask speakers to address your questions during the webinar.

Who is this Webinar For?

Coaches, aspiring coaches, organizational leaders, HR, Educators etc. The topic touches everyone. This is a public event, both ICF members and non-members are welcome to register and join the webinar.

Format: Panel discussion

- **Cindy Jensen**, PCC, Founder, JT Coaching Certification and INPOWER ONE, Moderator.
- **Enoch Li**, Founder of Bearapy. Bearapy focuses on mental health. Enoch will also share from the experience of someone who suffered from stress and severe depression.
- **Jonathan Marshall**, PCC, psychotherapist, executive coach, and leadership trainer. He held faculty positions at the National University of Singapore, Nanyang Technological University, and the Singapore Management University.
- **Frances Penafort**, MCC. She is currently a Board Director of the ICF Global Thought Leadership Institute, was a Board Director of the ICF Global Enterprise Board, a Member of the ICF Ethics Global Board, a Member of the ICF Global Nominating Committee and a Member of the ICF Core Competency Review Team.

Take Away's:

- What are the signs when an employee or client requires therapy?
- Helping coaches and other professionals recognize when therapy vs coaching is the appropriate support for a client or employee.
- What do we mean by a client's resourcefulness.
- How to work with a client who may also be working with a therapist (the importance of clear contracting)? Best practices in holding the conversation to work with clients who are dealing with elevated levels of stress and burnout and do not require other professional support.
- How do we as coaches and other professionals ensure our own self-care?
- The importance of having an accessible referral system to other health professions.

Speakers and Moderator:



■ Cindy Jensen, PCC

Cindy Jensen is a PCC Executive Coach and Founder of JT Coaching Certification (JTCC) and Inpower One. JTCC delivers International Coaching Federation accredited programs to aspiring coaches. Inpower One is a consulting firm with a focus in Executive Coaching, Leadership Development and Strategy Facilitation.

She travels throughout Asia-Pacific working with leaders and their teams providing executive coaching and facilitating Leadership Development programs. Her passion is to assist organizations in implementing effective strategies and building resilient leaders. Her coaching radiates with positivity, possibility, and perspective for tangible actions.

Cindy previously held senior management positions with PepsiCo Foods and TELUS Mobility. She also served as a Board Director for Educating Girls in Rural China and is a former Director and Chair for the Canada China Business Council, Beijing Chapter. Cindy currently serves as a Board Advisor for the NGO, Business for a Better Society. She also serves as the ICF Asia Pacific Co-Leader for the Coach Training Community. Cindy has a business degree from Dalhousie University, Canada and an International MBA from Rutgers University, USA. Cindy is also a certified Coach Supervisor.



■ Enoch Li

Managing Director of BEARAPY

Western Pacific Regional and China Representative, Executive Committee of Global Mental Health Peer Network

Advisory Board Member, Movement for Global Mental Health

Advisory Board Member, This Can Happen Global

Enoch is a social entrepreneur and Founder of **BEARAPY** – an award-winning B2B social enterprise that provides consulting and training services to organizations and executives to build mentally healthy workplaces and strengthen employee wellbeing in creative ways in China and Asia-Pacific.

Enoch's personal mission is to reduce burnout and mental health issues through helping adults access their inner playfulness. Through Bearapy, Enoch works with multinationals, governments, and start-ups across Asia-Pacific to advocate emotional and mental health awareness for resilience, emotional awareness, leadership development, and optimum productivity. Her work is widely recognized in the society: she was awarded the Social Contributor of the Year 2018 Award by the International Professional Women's Society in China, and the Speaking Out Award by Mind HK. Bearapy was recognized by the Beijing government's OTEC Awards as the Community Hero 2020 based on the social impact contributed in the mental health space.

She has helped tens of thousands of people through Bearapy, her writing, and speaking. Enoch has been a TEDx presenter, and featured and published in CNN, Harvard Business Review, Forbes, South China Morning Post, Thrive Global, China Radio International, and CGTN, in addition to her blog, NochNoch.com. Her latest book, *Stress in the City*, shares her personal journey, discusses some fun ways to cope with depression, and suggests how adults and parents can be playful.

Speakers and Moderator:



■ Johnathan Marshall, PCC

I am a psychotherapist, executive coach, and leadership trainer. I've held faculty positions at the National University of Singapore, Nanyang Technological University, and the Singapore Management University. I currently coach and supervise at INSEAD; teach at Yale-NUS, and my primary work is with individuals and teams.

I started to bridge clinical psychology, coaching, and leadership while stationed at Harvard Business School. I have found the line between these fields is often fuzzy. By the end of my career, I hope to have created an integrated framework that will help coaches and psychologists collaborate for the benefit of their clients.

I am a third-generation Singaporean. I started my leadership work as a Naval officer in the Singapore Armed Forces. Later I joined the 20-person start-up that became Yahoo! Mail. I went on to do a doctorate in counseling psychology at Stanford University and a post-doctorate fellowship at Harvard University. I've had two full-time, tenure-track university positions and won two commendations for teaching excellence at the Lee Kuan Yew School of Public Policy (National University of Singapore).

In 2013, I founded Marshall Consulting, a boutique human development firm. At last count, I have worked with over 2000 people from 100 countries. I have lived in Singapore, France, the United Kingdom and the United States. And since the start of the pandemic, I've discovered the joys of making ceramics at a potter's wheel.



■ Dr Frances Penafort, MCC

Frances works as an Executive Leadership Coach, Coach Mentor as well as a Coach Supervisor. She holds her coaching philosophy as; partnering with leaders in their journey of discovering themselves, unlocking their potential and transforming to become the leader they are meant to be. Armed with her MCC coaching credentials, Frances is passionate about supporting leaders in a wide range of issues such as Executive Leadership, Executive Presence, Team Empowerment, Disruptive Mindset, Behavioral Skills and Cross-Cultural Diversity.

Frances is an active contributor to ICF – being the First elected President of ICF Malaysia Chapter. She is currently a Board Director of the ICF Global Thought Leadership Institute, was a Board Director of the ICF Global Enterprise Board, a Member of the ICF Ethics Global Board, a Member of the ICF Global Nominating Committee and a Member of the ICF Core Competency Review Team.