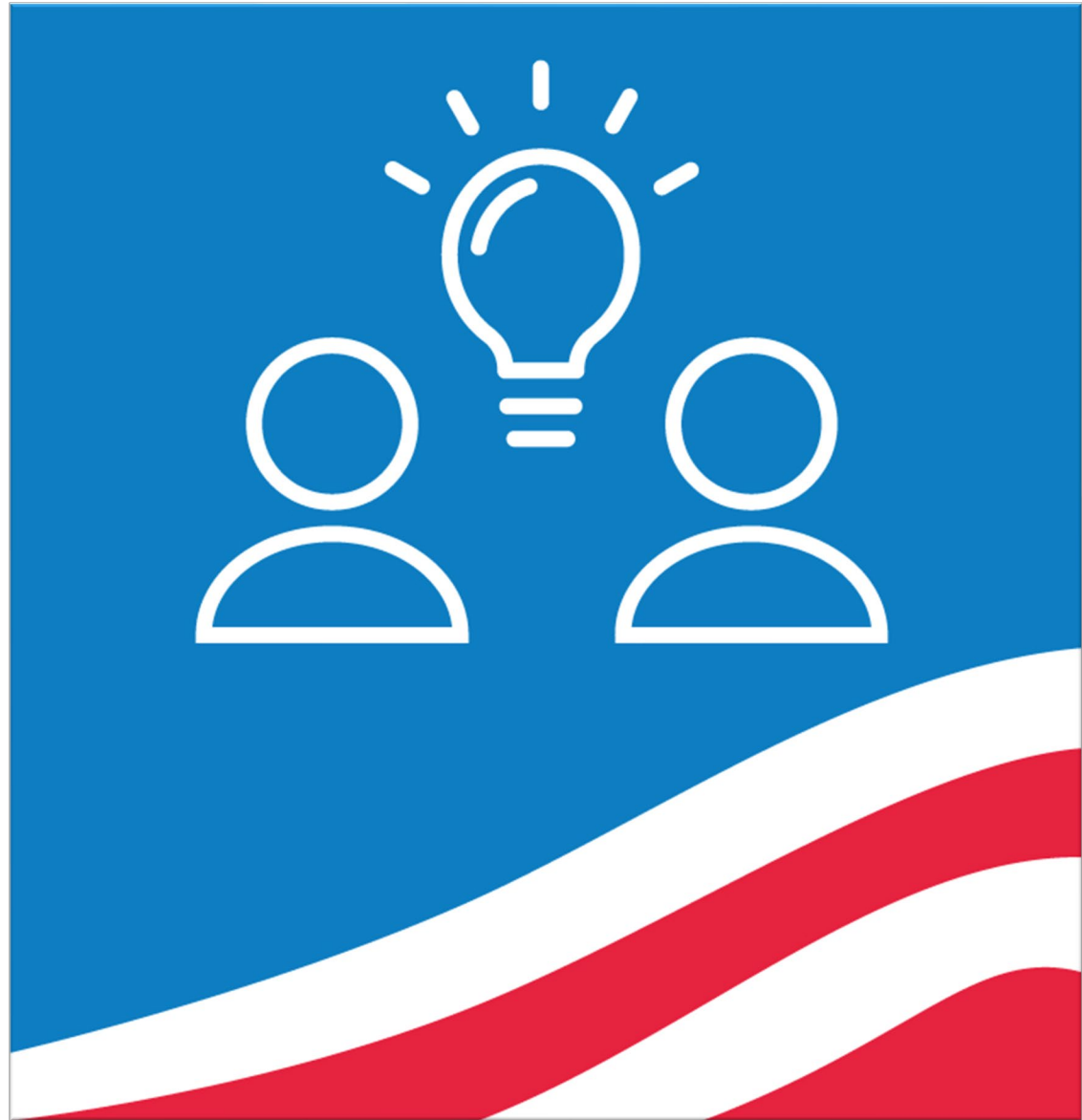


CIGIE COACHING
SUBCOMMITTEE



We offer professional coaching services across the OIG community – by federal employees for federal employees.

- **Vision** | The CIGIE PDC Coaching Subcommittee seeks to champion coaching across the OIG community to enable, support, and promote a well-trained and highly skilled workforce.
- **Mission** | The mission of the CIGIE PDC Coaching Subcommittee is to help the members of the OIG workforce maximize their potential and be their best selves, which supports the efficiency and effectiveness of our missions

CIGIE Coaches



Who are we?

- **Toayoa Aldridge** (U.S. Agency for International Development OIG)
- **Felicia Felton** (U.S. Department of Justice OIG)
- **Rob DeConti** (U.S. Department of Health and Human Services OIG)
- **Jan Hamm** (U.S. Department of Justice OIG)
- **Stan Hammonds** (U.S. Department of Transportation OIG)
- **Carolyn Ramona Hantz** (U.S. Department of Labor OIG)
- **Jeremy Kirkland** (Defense Intelligence Agency OIG)
- **Ryan Lefort** (U.S. Department of Transportation OIG)
- **Mario Phillips** (U.S. Department of Defense OIG)
- **Brian Sano** (U.S. Department of State OIG)
- **Ruth Strande** (U.S. Agency for International Development OIG)
- **Delores “Dee” Thompson** (U.S. Department of Labor OIG)
- **Charmaine Thorne** (U.S. Department of Labor OIG)
- **Monique “Q” Yates** (National Geospatial-Intelligence Agency OIG)
- **Kimberley Young** (Defense Counterintelligence and Security Agency OIG)

Annual Call for Coaching Participants

Late Summer: CIGIE-wide call for clients

Fall: Matching with OIG coaches and partnering with federal coaches, as appropriate

Fall: Orientation to coaching kickoff

Fall through Spring: Individual coaching

Spring: Program evaluations

**Watch for our next call for clients in
August 2022!**

Coaching Definition

Partnering in a thought-provoking and creative relationship that inspires participants to maximize personal and professional potential, which is particularly important in today's uncertain and complex environment.

[Adapted from the International Coaching Federation (ICF)]



Powerful Questions?

What makes this important right now?

If you had unlimited resources and you knew you would not fail, what would you be willing to try?

What can you learn from that experience?

What would you do if you weren't afraid?

What would success look like for you, here?

What barriers do you see hindering you today?

Who do you want to be in this situation?

How would you frame your problem as a goal?

What limits you today?

Bottom Line...

Self-Care

Resilience

Transformational

Accountability

Introspection

Coaching is my enchanted mirror, it
allows me to see beyond what's in front me

Transformation

Empowerment

Curiosity

Growth

Life-Affirming

How to Engage

1

Sign-up for coaching

2

Serve as a coach
(for those trained or certified)

3

Learn how to become a coach

4

Incorporate coaching habits in all you do



What else...?

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<https://www.ignet.gov/coaching>