



Pro-Bono Coaching FAQs

ICF San Antonio is proud to announce a partnership with Stand Beside Them to support our community through pro-bono coaching in 2020.

What is Stand Beside Them?

- Stand Beside Them is a non-profit organization based in New York City that has been helping veterans through coaching since 2013. It was founded by Stephanie Richmond - a lawyer, journalist, lobbyist, entrepreneur, and life coach.
- The mission of Stand Beside Them is “to coach and empower America’s veterans and their spouses/caregivers to achieve success at home, at work, and in the community.”
- To this day, Stand Beside Them has provided coaching support to more than 2,000 veterans in 30 US states.
- More than 150 professional coaches have been supporting this organization on a volunteer basis yet no coaches are currently working with this organization in the San Antonio area.
- More details can be found at StandBesideThem.org.

What kind of commitment is asked from ICF San Antonio coaches?

- Coaches are asked to donate 12 hours in a calendar year - the equivalent of a weekly session for three months.
- Coaching sessions may take place in person, via phone, or via video chat.

How do I sign up?

Signing up is a two-step process.

1. Volunteer coaches must complete an online application at standbesidethem.org -> Coaching -> Join Our Coaching Team. Please notice the prerequisites in red letters.



Our Coaching Specialties

Register For Coaching

Join Our Coaching Team

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Corporate Veteran Coaching Program

Our Workshops & Special Events

FAQs

Join Our Co

Please fill out the application below.

PLEASE NOTE: We require certification from an International Coaching Federation (ICF) authorized or accredited coaching program (or ICF coach credentials of ACC, PCC, or MCC), and 100 hours individual client coaching experience.

Thank you and we will get back to you soon.

2. Once the application is accepted, volunteer coaches will sign an agreement. No additional agreement is necessary between the coach and the client. Volunteer coaches will submit a professional headshot as well as a 200-word biography that focuses primarily on credentials, experience, and area of specialization.

What kind of accountability is built into this program?

- Coaches will be provided access to a log (Google Sheet format) to document sessions.
- Stand Beside Them clients are asked to show up on time for each session and take coaching seriously.
- Although this is extremely rare, clients who cancel coaching appointments within less than 24 hours on more than three occasions are eliminated from the program.

How are coaches and clients paired up?

Three main criteria are used to pair up coaches and clients.

1. Area of specialization - Depending on the specific needs of each client, a coach with the most appropriate area of specialization will be assigned to them.
2. Time zone - Since veterans are located in different time zones, coaches will be assigned clients in the same time zone or in a time zone with a one-hour difference.
3. Feedback - Coaches with positive feedback will be given priority when pairing up with additional clients.

What are some common client issues among veterans?

- Young veterans typically need help with transferring skills from military to civilian work environments to include resume building, job interviews, building a LinkedIn profile, adjusting to the corporate work environment, or building a small business.
- More mature veterans, typically in their mid 40s, may experience difficulty visualizing their future after 20-25 years of military career. A common statement is, "I don't know what to do."
- Veteran spouses, caregivers, and family members may need help with career transition, burnout prevention, finding self-care and stability, and balancing personal life and work.

How will I benefit from pro-bono coaching?

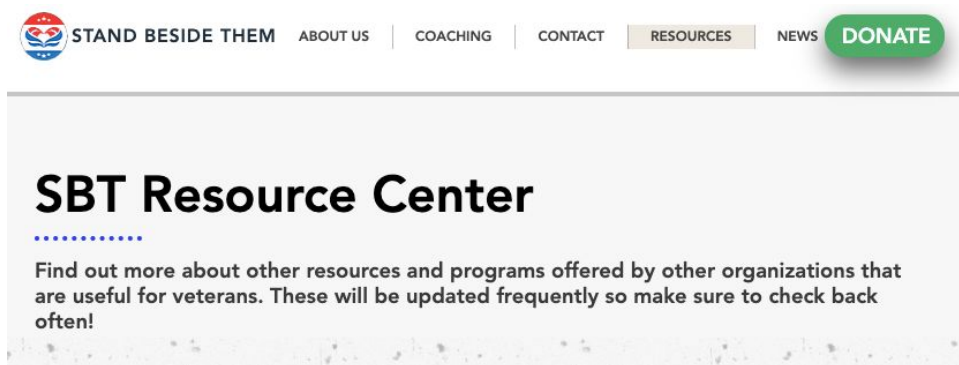
- Volunteering 12 hours of your time per year is a great way to practice your coaching skills with a different clientbase, to earn coaching hours toward your ICF accreditation, to give to the community, contribute to the greater good, and to make a difference in someone's life.
- In addition, as a member, your volunteering will help support our chapter mission "to drive change and unlock human potential. We help individuals, families, and organizations experience lasting change."

How soon can I begin?

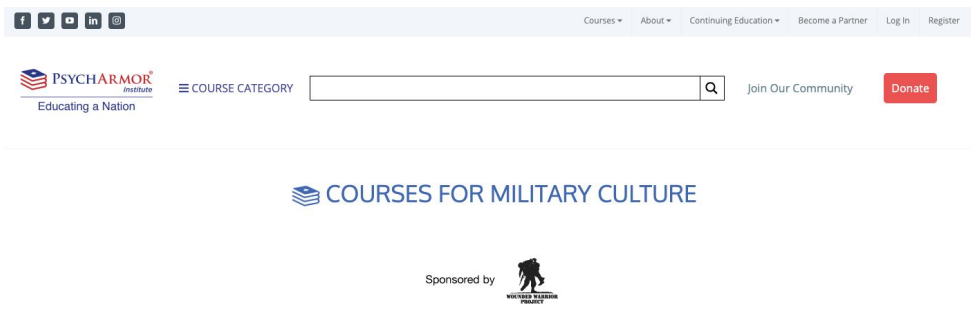
- This can be immediately or in a short amount of time, depending on how many veterans are waiting to be assigned a coach and their needs as well as the number of coaches available and their niches.

Where can I learn more about military life, veterans, and their needs?

1. Stand Beside Them offers great information on their website -> [Resources](#).



2. Short online courses on a variety of topics related to military culture can be found at [PsychArmor.org](#), a Stand Beside Them partner organization. Topics include 15 Things Veterans Want You to Know, Grief and Trauma, Myths and Facts About Wounded Warriors, Invisible Wounds at Home, What You Should Know About Transition, Women Who Serve, and much more.



3. The [StandBesideThem YouTube Channel](#) includes multiple video testimonials from both clients and coaches.

Who should I contact for additional information?

- If you need additional details about pro-bono coaching and this partnership, please contact secretary@icfsa.org or development@icfsa.org.

- You can also join our [ICF San Antonio Chapter Slack](#) group and slack the channel: #pro-bono-coaching.

Thank you!