

## MILLIE GRENOUGH NAMED COACH OF THE YEAR

INTERNATIONAL COACH FEDERATION – CT Chapter May 28, 2010

Presented by: **Joel Galvin**, Membership Co-Chair of ICF-CT Chapter



Our recipient is a personal/professional and executive coach, consultant, motivational and keynote speaker, trainer and workshop facilitator.

She does psychotherapy, teaching and training with individuals, businesses and groups and has been a clinical instructor at the Yale School of Medicine since 2000.

She has published several books including "*OASIS in the Overwhelm: 60-second strategies for balance in a busy world*," "*SingIt! Learn English Through Song*," and "*Mosaic, New Haven Sings of Peace and War*."

Want more????

She practices meditation, she offers her work internationally in English and Spanish and has been Level II Certified in EMDR since 1994. Oh yeah, she is also President of Grenough LLC.

Of course, I am talking about our own, Millie Grenough.

Many people don't know this, Millie started her career as a nun. Then I think she became the "singing nun."

Clearly, Millie is passionate about people and making a difference wherever and whenever she can.

I first met Millie at an ICF-CT meeting and shortly became intrigued with the possibilities of her *OASIS in the Overwhelm* course. Millie offers four simple techniques to support people in reducing and controlling the stress in their lives in order to be who they really want to be. The *OASIS Program* isn't something Millie just teaches. She trains people so they can take her methods and share them with people out in the world.

*GO FORTH AND SHARE* is Millie's motto.

Here is a quote from one of our members about Millie,

“Millie exemplifies coaching. She offers her programs to people who can then bring their teaching into the world. She is an author, mentor, and coach and is always out there promoting coaching.”

I heard Millie say this at our meeting last month and it is so appropriate to whom I have come to know as Millie Grenough:

***I JUST WANT TO SAVE EVERYONE IN THE WORLD***

So today, for all her outstanding work and dedication to the profession of coaching, we would like to award Millie Grenough, our *Coach of the Year*.