

ICF HUNGARY CHAPTER

CSR

2016



Hungary
Charter Chapter



Advancing the Art, Science, and Practice of Professional Coaching

Our mission

Our mission is to provide pro bono coaching service to nonprofit organizations that are actively and remarkably contributing to the developing of our civil society. Our CSR projects are prepared with great caution, strict regulations to ensure quality coaching service that is in accordance with ICF standards both concerning ethics and relevant competences.

We firmly believe in the power of coaching , that it creates value for the whole society as well as it initiates positive changes, while it promotes coaching culture and facilitates professional development.



2016

For the first time: 2 CSR projects a year

- **NGO's from health care – one-to-one coaching sessions**



- **Semmelweis University – group coaching**



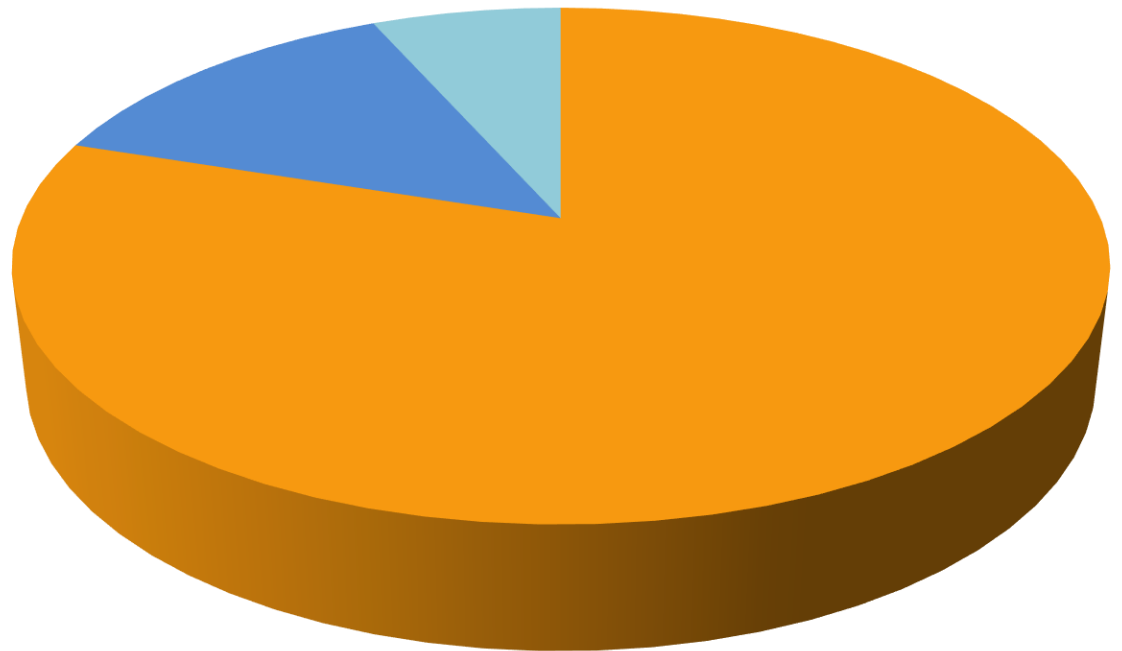
PARTICIPATING NGO'S, 2016

- SOS Gyermekfalu
- Rehab Critical Mass
- Arthritis Psoriaticás Betegek Egyesület
- Transzplantációs K. Alapítvány
- Autisták Országos Szövetsége
- Egy Csepp Figyelem
- Csodalámpa Alapítvány
- Magyar Hospice Alapítvány
- Születésház
- Magyar Williams Szindróma Társaság
- Transzplantációs K. Alap.
- Hintalovon Gyermekjogi Alapítvány
- Bátor Tábor
- SZITI Egyesület
- Lisztérzékenyek Érdekképviselője
- BHRG Alapítvány
- Tábitha Ház Gyermek Hospice
- Gézengúz
- Magyar Rett Szindróma Alapítvány
- Születésház
- Unicef
- Magnet Ház



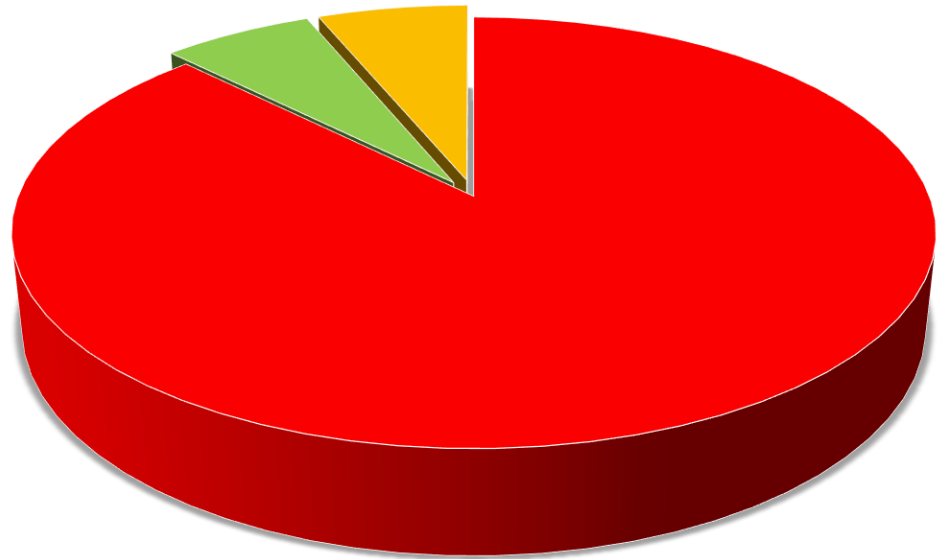
How would you assess your coach's performance?

- **81%** EXCELLENT
- 13 % GOOD
- 6 % ACCEPTABLE



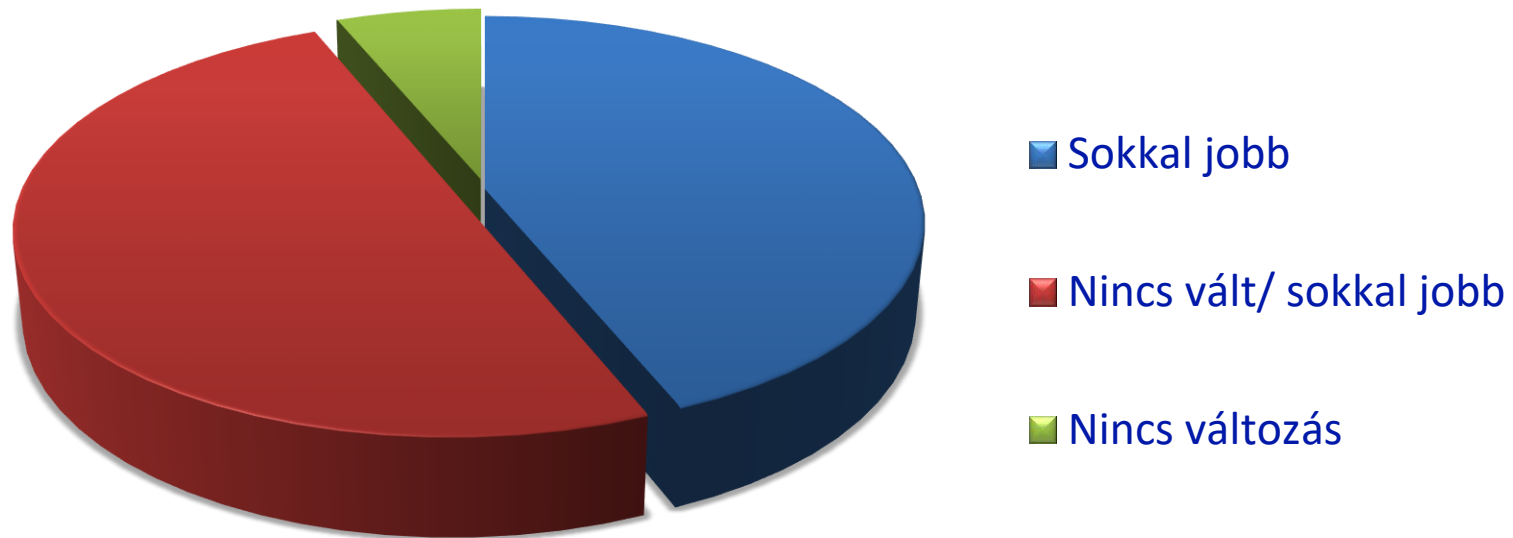
WOULD YOU UNDERGO SUCH A COACHING SESSION AGAIN?

- **87 % YES**



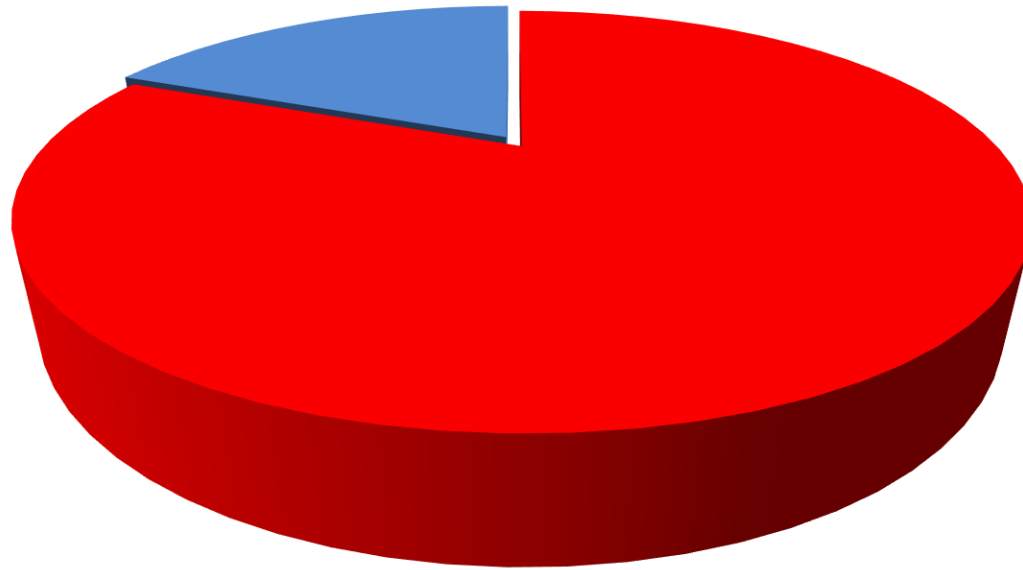
To what extent has your competences develop compared to the level prior to coaching?

- 44 % A LOT BETTER
- 50 % A LOT BETTER/WORSE
- 6 % NO CHANGE



How would you describe your satisfaction regarding your coaching experience?

- **81 %** VERY MUCH SATISFACTORY
- 19 % SATISFACTORY



Additional feedback

- I started planning consciously and became more self-confident. The goals that we set together, and about which I had thought they would only get reached later in the future got actually done and carried out.
- Our coaching process helped us personally and on group level to be more confident in letting things go and in keeping motivation.
- I got reassured in which direction to go with my work
- It helped me to see things clearly and to make the right decision in a very difficult situation.
- I got to learn more effectively how my colleagues work. I am also better at problem solving now.
- I can handle conflicts better in my private life
- Looking at happenings and behaviours from the 'outside' was very useful regarding my personal development. My coach's critical attitude enables me to consider things better in the future. Applying coach approach helps me both in business and in my private life.
- Less stress, more conscious short and long term planning. More harmonious business relations
- It helped me to see things more objectively and from a different perspective while being in a difficult situation.



2016 Personal coaching processes in numbers:

- **28** participating coaches
- **22** NGO's
- **34** initiated coaching process
 - **17** closed
 - **17** feedback form completed
 - **1** still on
 - **8** never started
 - **5** got closed after 1-2 sessions
 - **3** processes we have no information about



SE Group coaching

18 Coach

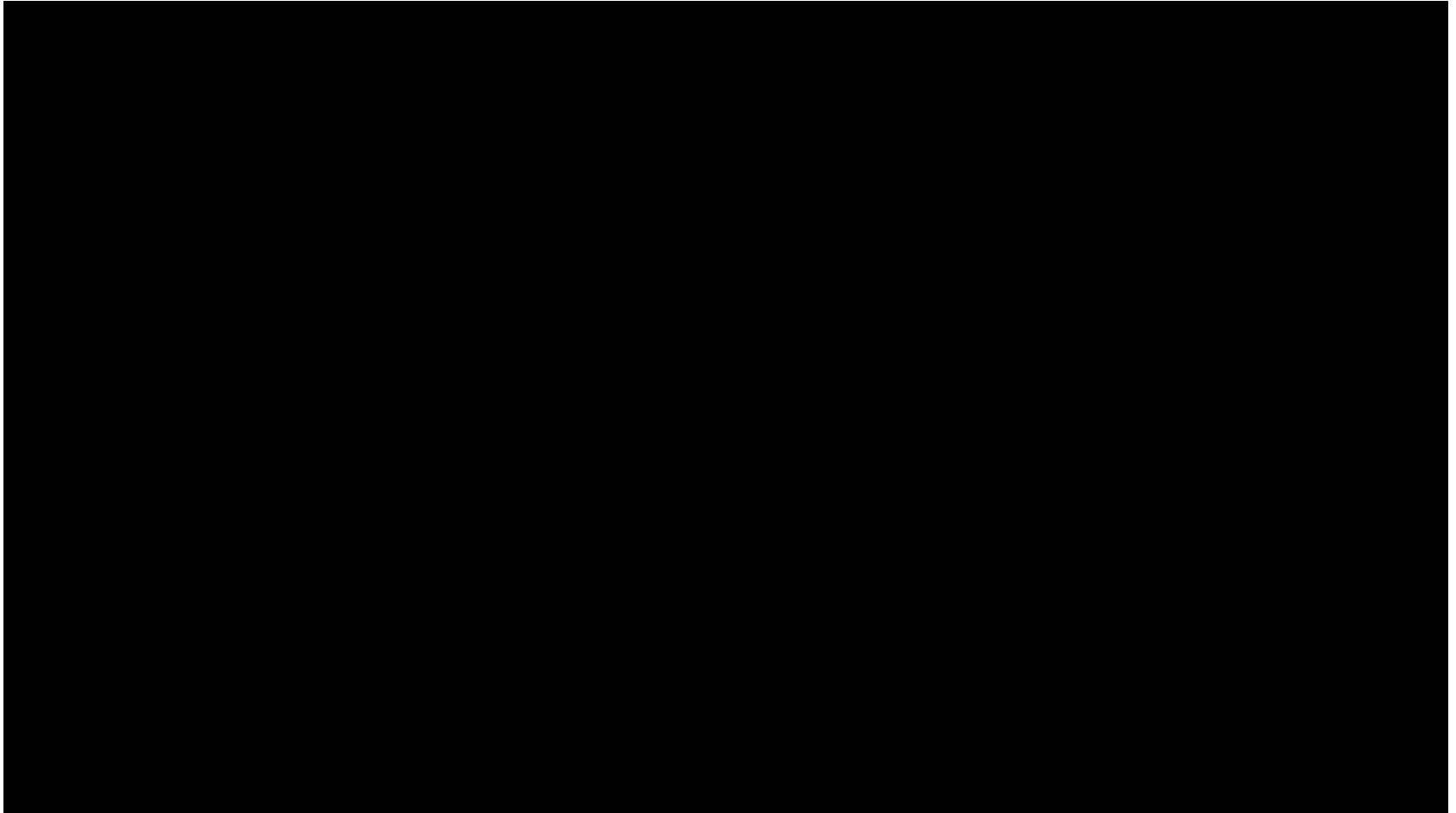
152 Coachee/students

5 Session/group

- Still ongoing up to the end of May -



Video summary of our CSR opening, the rapid dating day 2016



**Quality insurance,
or,
The ones that support our coaches
Our volunteering ICF Supervisors/Mentors:**

Barnóczki Annamária PCC

Csetneki Csaba PCC

Hegedűs Dóra PCC

Peredi Ágnes ACC

Szabó Gabriella PCC

Vízi Beáta ACC



OUR CSR TEAM

Bánás Zsuzsa ACC

Dr. Riss Éva ACC

Hegedűs Dóra PCC

Pánczél Szilvia

Peredi Ágnes ACC

Segal Hajnalka PCC

Séra Attila PCC

van der Meer Gabriella PCC



**ICF's CSR TEAM and MagNet Bank is thanking you for your
committed participation
&
is wishing all participants successful processes for
2017, too.**

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&

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