

Victoria business licences approved July, 2007

New Nanaimo licences will appear in the September 4 issue

Licence	Business Name	Address of licence holder	Home-based	Licence	Business Name	Address of licence holder	Home-based
16079	House Doctor	104-373 Burnside Rd. E	Y	17116	Millard, Emily	Out of Town	N
16219	Class Choice Escorts	526 Frances Ave.	N	17117	Crystal Reiki	220 Robertson St.	Y
16874	Irene Chanin	2-1140 Fort St.	N	17118	Johnny Zees Amusements	1225 Blanshard St.	N
16900	Seduction Unlimited	21-655 Fort St.	N	17119	The Ame Consulting Group Ltd.	204-31 Bastion Sq.	N
16920	Casa Tequila Cantina & Mexican Cuisine Inc.	535 Yates St.	N	17120	Big Bus Victoria	1-1011 Government St.	N
16941	Inn-Room Direct Marketing Group Inc.	201-428 Burnside Rd. E.	N	17121	Rene's Hairstudio	162-2950 Douglas St.	N
16994	Gray Line of Victoria Ltd.	4196 Glanford Ave.	N	17122	Dales Gallery	537 Fisgard St.	N
17030	Victoria Taxi	2925 Douglas St.	N	17123	Miramare Capital Inc.	400-888 Fort St.	N
17032	Leonard Thornton Phd	3-1004 Pemberton Rd.	Y	17124	Peasoup and Bologne Trio	11002-113 St. Edmonton, Alta.	N
17038	AJ's Moving and Hauling	10-625 Alpha St.	N	17125	Black Tower Security Services Ltd.	202-109 Braid St. New Westminster	N
17043	Big Bus Victoria Ltd.	1208 Wharf St.	N	17126	Victoria Real Estate Board	3035 Nanaimo St.	N
17051	Romano's Macaroni Grill	3195 Douglas St.	N	17127	Esquimalt Saanich Taxi Ltd.	203-941 Esquimalt Rd.	N
16052	Tim Horton's	A 456 Gorge Rd. E	N	17129	Rolex Plastics MFG Ltd.	2745 Bridge St.	N
17054	Bluebird Cabs Ltd.	2nd Floor 2612 Quadra St.	N	17130	Rizzo, Giancarlo	2-1041 Oliphant Ave.	Y
17065	Ogden, Samuel	2152 Gourman Pl.	N	17131	Rollie, Allen & Bell, Meg	1102-732 Cormorant St.	N
17066	Victoria Taxi	2925 Douglas St.	N	17133	Nix, Daniel	3987 Wolf St.	N
17069	Back 40 Landscaping Maintenance Services	201-1290 Broad St.	N	17134	Leah Langedef Painting & Wall Design	1-1460 Dallas Rd.	Y
17070	Bremer, Shanti	2632 Scott St.	N	17135	Galitzine, Natasha	Out of Town	N
17071	Bergen, Henry I.	40575 No 4 Rd., Abbotsford	N	17136	Sweet Nancy's Timelessly You Boutique Inc.	618 Broughton St.	N
17072	Sapphorious	102-1435 Elford St.	Y	17137	Madson, Bessie	207-1201 Hillside Ave.	Y
17073	Spiller, Emily	190-30 Douglas St.	N	17138	Menzies, Ian James	508-1433 Faircliff Ave.	N
17074	TravelOnly	1027 Pandora Ave.	N	17140	Black, Robin	287 Maddock Ave.	N
17075	Melting Moments Chocolate Fountains	4-990 Hillside Ave.	N	17141	Madden, Jim	208-240 Simcoe St.	N
17076	Eagle Wing Tours Ltd.	1234 Wharf St.	N	17142	Island Cove Sun Spa	1950 Fort St.	N
17078	Regent Limousine Service Ltd.	4226 Rossiter Dr.	N	17143	Chantal's	772 Spruce Ave.	N
17079	Great Cannon 2 for 1 Pizza	642 Yates St.	N	17144	Bowles, Michael	961 Nicholson St.	N

Accountability is crucial ingredient in good coaching relationship

My client, Lisa, came to coaching with four years of taxes unfinished and owing. (Because confidentiality is a cornerstone in all coaching relationships, before writing this I received my client's blessing to write about her. She hopes her story might help others and give them hope. Some facts have been changed to protect her anonymity.) As is always the case, inattention to one area impacted others. Creditors called Lisa regularly, demanding payment. Overwhelmed by her financial situation, her home environment reflected her stress. She hadn't seen her bedroom floor in a very long time and her living room, which doubled as her home office, had a Stairmaster in the middle of it. She avoided romantic relationships; afraid she'd have to explain her financial situation if things became serious.

During our first coaching session, I asked her if she was willing to commit to doing her first year's taxes before our next session. I still remember her response, "Wow Kathy, there's nothing like pulling the hair and arm off with the band aid, is there?" Despite her protests, a week later, her first year's taxes were done. I suggested that her next week's homework be another year of back taxes and this same woman, who was so shocked at my first request, had the other three years done within

two weeks. Completing this task, which once seemed so formidable, has changed her world. Her confidence has skyrocketed. She dresses up now because she feels better about herself and *wants* to attract male attention. Her Stairmaster is gone and she's reclaimed her bedroom. Some of her friends have commented about her new glow.

Lisa is the poster child for the power of partnership and accountability, two of coaching's cornerstones. At coaching's foundation is the powerful partnership created between client and coach. Coaches view clients as creative, resourceful and whole, not weak, helpless or dependant. Coach-client relationships are based on respect, openness, compassion, empathy and a rigorous commitment by both parties to speaking the truth. One of the most important qualities in a coach is truthfulness. A good coach acknowledges your strengths, celebrates your successes *and* points out where you are holding back, denying, rationalizing or giving up and in the process selling yourself short.

COACHING CONVERSATION

Kathy Santini



Coaching is a relatively new field, except in the corporate and athletic worlds, where it's power and benefits have been long known. At its core, coaching is about discovery, awareness and choice. It's a proven way of effectively empowering people to find their own answers, encouraging

and supporting them on the path as they continue to make important choices, both personally and professionally. People hire coaches because they want their lives to be different. They are looking to make changes, or have specific goals they want to achieve. Sometimes people want more from life – more joy, more money, or more peace of mind. And sometimes they want less – less confusion, less financial pressure.

Being accountable to your coach and to yourself for the changes that you want to make is the second factor that makes coaching so effective. And it's why people make tremendous progress while working with a coach. It's this lack of accountability that leaves many people, filled with the best of intentions in early January, wondering why they haven't succeeded at their New

Year's resolutions by March. When combined, coaching's accountability and partnership makes for a powerful punch. Those interested in learning more about coaching or in working with a coach can visit The Vancouver Island Coaches Association's website, at www.vicoaches.org, for a listing of Vancouver Island coaches.

Take Action Now

Maybe you're not in a position to hire a coach right now. Fair enough. So ask yourself this – in what area or areas of your life do you need to become more accountable? Is it around money, like my client, or your health, at work or at home? And what is one small step you could take today, or this week, to change things in the area that needs to be worked on? And lastly, who can you ask to be your accountability partner, to ensure that you do what you want and need to do?

Kathy Santini is a life and business coach and the owner of Arbutus Coaching. She works with entrepreneurs, business owners, artists, consultants, cancer survivors and other men and women who are interested in becoming more effective both personally and professionally, making their lives easier in the process. Contact her at: Kathy@Arbutuscoaching.com; or call 250 388-6108.