



**President's Message**

Every small positive change we make in ourselves repays us in confidence in the future. This is quote by Alice Walker, an American author. If we want to grow and improve our communication skills, we need to make small changes. We will need to help each other grow and change.

ITC Board is sending out quarterly news letters "Coach for Success" The first issue is from ITC President Margaret Sutherland. She said that this year Training and PREM will be our focus for this term and she encourages all members to ensure that your club is providing quality coaching.

She said ask yourself these three questions:

- If I were a visitor at this meeting would I be impressed?
- Would I feel that I must join this exciting group
- Would I feel this group can give me what I want and need?

If the answer is no, do something about it.

Do we need to change some of the things we are doing in our clubs to make them more exciting? If you have had a good meeting, share it with other clubs. Let us hear from your delegate just what exciting meetings you are having.

Also, I would like to encourage everyone to participate in the Accreditation Program.

Recently, I attended the SPR Fall Training where we were treated to some excellent workshops. The members who conducted these workshops were completing some of the criteria in the program. It seems that the workshop leaders just do a better job when they are doing it for accreditation. And just think about how good you will feel when you reach that next level of accreditation.

Remember Life is change, growth is optional, choose wisely, by Karen Kaiser Clark.

*Robert Richardson*  
*President*



**Two's News Article  
Deadlines**

**January 10, 2010**

**March 10, 2010**

**May 10, 2010**

**July 10, 2010**

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