



BC EXCLUDED EMPLOYEES' ASSOCIATION

## Coaching Opportunity Backgrounder

July 2024

### Coaching at the BCEEA

**W**elcome to this coaching opportunity available to BC Excluded Employees' Association (BCEEA) members **at no cost** through a partnership between the BCEEA and former long-time BC Public Service employee and certified executive coach Karen Fudge-Jensen.

Through an intake process, BCEEA members can partner with Karen for 7 sessions with a focus on improving relationships with direct reports and immediate supervisors; developing a stronger sense of teamwork and job satisfaction; reducing conflict and increasing organizational commitment.

**Note that you must have been a BCEEA member for at least 12 months and have not used this service previously to be eligible.**

**Interested?** If you are ready to explore this amazing opportunity, complete the online [intake form](#). Liz Gilliland, Executive Director, BCEEA, may contact you for further information, or she may forward your contact information and intake responses directly to Karen, who will then email you to arrange an initial coaching conversation.

OR, you may contact Liz for a confidential discussion to assess whether or not coaching is the right fit for your current circumstances. Contact information can be found below. To learn more about this BCEEA benefit, please read on.

### About Coaching and this Opportunity

Progressive leaders work with coaches as a fundamental part of their responses to challenges and opportunities within modern organizations. Working with a coach as a 'thought-partner' provides the client with an unparalleled opportunity to identify and leverage their potential.

BCEEA members who partner with Karen will participate in 7 conversations via Zoom or phone, typically 2-3 weeks apart. The sessions may address career aspirations, business issues, leadership impact or specific workplace challenges. The conversations are confidential. As a member of the International Coaching Federation (ICF), Karen adheres to the ethics and competencies set by the credentialing body and recognizes confidentiality at its core.

## Karen speaks of coaching in the following way:

*“I expect clients to enter a coaching relationship with the understanding that they are responsible for making their own decisions and creating the response they want. My clients can count on me to be honest and straightforward in our conversations. My thrill comes from walking with my client through the journey they are choosing to take and celebrating growth along the way!”*

## About Karen:

*“I retired from BC Public Service after 31 years with the Province. I held various positions as an excluded manager responsible for leading staff, creating and managing change, building strategic alliances and fiscal responsibility. I’ve sat as a member of leadership/executive teams responsible for vision and goal-setting strategies. I experienced great successes, had some epic fails, and worked through real tough challenges.”*



Karen is a certified executive coach and Director of Community Relations with the board of directors of the Vancouver Island Coaching Association. She is certified to administer and interpret the Myers Briggs Type Indicator, various 360 Assessment tools, and behaviour identifier tools. She is a trained facilitator and an accredited Resilience at Work facilitator. Karen tackles conflict in a straightforward, honest and non-judgmental fashion. Her ability to relate easily with people is fueled in significant part by her basic respect for all individuals. Karen truly believes in the innate worth of people.

## Contact Information

Karen Fudge-Jensen, oLive Coaching  
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### **BC Excluded Employees' Association**

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