



For Immediate Release:

Release Date: January 24, 2012

Contact: Sarah Jack

Phone: (201) 530-5850

Email: info@coachsjs.com

Boost Your Personal and Professional Life at Coaching Blast 2012!

Bergen County Coaches are offering a free introduction to the benefits of coaching to celebrate International Coaching Week

Teaneck, New Jersey – On Wednesday evening, February 8, 2012, Bergen County coaches will be celebrating International Coaching Week by offering a free Introduction to Coaching at BLAST Art Gallery & Coffee Bar in Teaneck. The event, called Coaching Blast 2012, will feature some of the top coaches in New Jersey, and will offer the public a chance to learn and experience the benefits of coaching firsthand. All participants of Coaching Blast 2012 will have an opportunity to sign up for a complimentary 20-minute coaching session at a later date with the coach of their choice. Coaching Blast 2012 will take place from 6:30-9:00 p.m., at BLAST Art Gallery & Coffee Bar, 445 Cedar Lane, Teaneck, New Jersey 07666. The event is informal and participants may arrive and depart at any time. For more information, please contact Sarah Jack at info@coachsjs.com or 201-530-5850.

According to Sarah Jack, a business coach and the owner of BLAST, “The purpose of Coaching Blast 2012 is to help the public learn about the benefits of all types of coaching, including career, business, health & wellness, and life coaching.” Alec Borenstein, also a business coach based in Teaneck said, “The public has a general sense of what coaching is and what it can do for them, but we will offer Coaching Blast 2012 participants a firsthand experience of how coaching can help them improve specific areas of their personal and professional lives.”

All featured coaches are affiliated with the New Jersey Professional Coaches Association (“NJPCA”), a charter chapter of the International Coaching Federation. President of the NJPCA, Anthony Calabrese, and Membership Director of the NJPCA, Carole DeLaOsa, will be giving presentations at

Coaching Blast 2012 aimed at raising coaching awareness. Other featured coaches who will be at Coaching Blast 2012 are Sarah Jack, Verena Visser Aibel, Alec Borenstein, Jean Marie Bradley, Jeff Harmon, Lynne Roe, Paula Tutein, Pearl Mattenson, Renée M. L. Toplansky, and Tara Harkins.

The NJPCA has over 250 professional coaches working with individuals and organizations locally and worldwide. NJPCA members represent a large range of coaching specialties such as executive and business coaching, life coaching, corporate coaching, and coaching for individuals with special needs. The NJPCA was founded in 1996 and has members in 20 different counties throughout the state of New Jersey. NJPCA offers monthly networking and educational programs of interest to coaches, aspiring coaches, individuals, and to professionals in all businesses. As of late 2011, the International Coaching Federation reported that they had 19,795 members in more than 100 countries.

NJPCA members include accomplished public speakers, authors, and writers who are prepared to offer customized coaching programs or services upon request. For further information about NJPCA, coaching, or to search for a coach/speaker, visit our web site at www.njcoaches.org or contact Anthony Calabrese at tony@absolutetransitions.com or 973-762-1350 or Carole DeLaOsa at Carole@transition4you.com or 973-214-2127.

###