



Professional Coaching for IBPOC Workers at InterLINK Libraries

AN INVITATION

InterLINK invites library workers who are Indigenous, Black, or People of Colour (IBPOC) to participate in a professional coaching program

Program Details

- IBPOC staff of InterLINK libraries will gain the benefits of professional coaching at no cost
- Each coachee will receive a half-hour introductory session followed by 8 one-hour confidential session with a professional coach
- Sessions will be held at a time and frequency that suits coachee and coach – likely over 4 to 6 months
- Sessions will be conducted virtually (via Zoom) unless otherwise agreed to
- At the end of the 8 coaching sessions, the coachee may be asked by InterLINK to evaluate the program through an optional anonymous survey

Why Should I Consider Coaching?

- Wanting something more, better, or different for your life or career
- Feeling stuck and unsure about how to make the right choice for yourself and others
- Feeling burnt out or uninspired, wanting to reconnect with an inner sense of fulfillment
- Facing a sticky challenge, such as an interpersonal conflict
- Experiencing a major life transition, and trying to navigate it or figure out what's next

How Do I Sign Up?

- Complete the [\[Intake Form\]](#) no later than October 13, 2023.
- One of the coaches will be in touch with you in November to set up your first appointment.
- Questions? Email: coaching@interlinklibraries.ca

A note on confidentiality: To respect the confidentiality of the coaching relationship, the only information that will be shared with program administrators at InterLINK will be the intake and evaluation forms. All other information from the coaching conversations will be held in strict confidence in keeping with the ethics and rules set out by the International Coaching Federation.

We look forward to hearing from you!

Meet the Coaches



Patricia Chong, MBA, CPCC, ACC

I am a certified professional coach, a certified mindfulness meditation facilitator, and an organizational leader for over 20 years working in private and public settings, including 6 years as a Vancouver Public Library manager. Throughout my career, I've always enjoyed supporting others to thrive and grow. As a Chinese Canadian daughter descended from an immigrant family, my lived experience has undeniably shaped the direction of my coaching. I know what it's like to be one of the few racialized leaders around the table. I'm familiar with the challenges racialized people face accessing opportunities, fulfilling roles, or simply fitting in. My aim is to work closely with others, so they get to know the naturally whole person they are, learn skillful means to use their own voice, and embark on a path of empowerment and self-leadership.

"As a woman of colour, I was buoyed to work with Pat, a racialized coach who understood things I couldn't explain to just anyone – where I felt confident speaking freely without being judged. Coaching helped me discover what's most important to me and what I need to make time for. I learned to let go and move forward with difficult decisions. Coaching was a life-changing experience." - IBPOC librarian and coaching client

To avoid any possible conflict of interest, Pat will not coach VPL unionized staff.



Tanya Tang, MD, MBA, CPCC, ACC

I am a certified professional coach and a senior strategic advisor who has served both public and private health sectors and not for profit organizations for over two decades. Starting my career as a physician in China, I touched thousands of patients' lives through my practice. Since moving to Canada, I pivoted my career to consulting and advisory for health sectors, and later moved on to professional coaching. Having learned from my journey as an immigrant professional, I enjoy weaving my own experiences and appreciation of cultural diversity into my work. My goal is to serve people and give back to the community through coaching, where I can help clients navigate their unique path, find their confidence and voices, and take the next best action to flourish.

"The value I've gained through my coaching with Tanya is the freedom from self, and the biggest insight for me is recognizing how important it is to be well rounded - finding the balance between doing and being, learning to embrace my emotion, and to value personal growth and development through my day-to-day activities. It is her insightful approach and thought-provoking questions that helped my journey and self-discovery." - IBPOC coaching client