

What is Life Coaching?

Life Coaching helps you move forward in life, gives support, and keeps you accountable toward reaching goals. Together, we create action-oriented plans and solutions to help overcome challenges and facilitate forward momentum.

Not everyone may need professional counseling; however, everyone can use someone to come alongside them and help them recognize and live up to their potential or enrich their relationships.

One group participant expressed that while reading a book is "flat", coaching is "three-dimensional".

As a *Christian* Life Coach, I...

- provide an outsider's viewpoint to aid in clarification, and direct you in creating self-awareness, increasing the likelihood of success.
- hold you accountable in reaching goals related to a specific area, generating lasting results.
- guide you in moving forward with passion and focus in an intentional way.
- come alongside you through the process of rebuilding/recreating/enriching your life and relationships.
- continually gain outside resources and training to benefit your sessions and make preparations outside of our time together to make efficient use of *your* time and maximize your session.
- pray for you and seek the guidance of the Holy Spirit in coaching you toward greater levels

What life coaching is NOT:

It is not counseling or therapy! While there are counselors who are also coaches, coaching is different than counseling. If, in the course of our work together, it is determined that counseling is needed, names for local Christian counselors will be made available.

COACHING IS NOT	COACHING IS
Looking to the past	Looking to the future
Feelings oriented	Action oriented
Dealing with "why"	Dealing with "how"
Focusing on weaknesses	Focusing on strengths & assets
Dealing with processing the event that causes stability to be shattered	Dealing with moving forward following the event
Dealing with painful experiences & struggles	Focusing on actions/results to move toward potential change/growth

Ecc. 4:9 "Two are better than one, because they have a good return for their labor:" (NIV)

It is both biblical and practical to seek coaching. Consider Proverbs 15:22 "Plans fail for lack of counsel, but with many advisers they succeed." (NIV)