

What is Coaching?

Coaching is a collaborative partnership with the following purposes:

- To facilitate the process for individuals to discover and live out their purpose
- To assist individuals in achieving their goals more quickly and efficiently
- To help individuals reach their personal best and a more fulfilling state of being and doing
- To develop the whole person, including mind, heart, spirit, business and environment
- To help individuals maintain balance between personal and professional life

What is Christian Coaching?

Coaching from a Christian perspective facilitates true and lasting spiritual and personal transformation from the inside out, which ultimately leads to transformation in all areas of life. Christian Coaching connects your efforts with God's will for your life, relies on the Biblical truths for godly wisdom and invites the Spirit into the relationship for guidance.

Why work with a coach?

People work with a coach for many reasons:

- To simplify, enrich and make significant changes in all areas of life
- To make the best decisions regardless of circumstances
- To seize opportunities and work through obstacles
- To develop strategies for more financial, professional or interpersonal success
- To find your unique way to make a difference in the world
- To discover what you truly want based on your unique values, needs and vision

Why does coaching work?

- Coaches are experts in human potential who help individuals restructure their lives for maximum productivity
- As a team, coach and client work together to accomplish more than the client would alone
- The accountability structure motivates the client to think bigger and take more action

What can you expect from your coach?

- To communicate the truth with respect and compassion
- To say and suggest things meant to further your life and goals
- To respect your personal truths and perspectives and not put you in the wrong or criticize you
- To hold our partnership and conversations in strict confidentiality
- To provide access to all of my contacts and resources beneficial to you
- To put forth my best towards your success
- To believe in you and the power of the coaching relationship

What does your coach expect from you?

- To tell me what I can do to support your needs
- To be honest about what you're thinking and feeling
- To trust that your coach always has your best interest in mind
- To make space in your life for coaching
- To put forth your best towards your success
- To believe in yourself and the power of the coaching relationship