

What to Expect in a Coaching Relationship

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- Confidential Relationship: Effective Coaching is based on Solid Relationships, and provides you with a confidential partnership which will create momentum for your success.
- Powerful Listening: A coach is a professional active listener who can create the dynamics of a powerful conversation. We live in a telling and advice giving society, but through asking the right questions at the right times, a coaching relationship will accelerate your development by helping you clarify thoughts, feelings, dreams and possibilities.
- Accountability, Continuous Support & Encouragement: A coaching relationship will help you stay accountable to yourself and your coach in following through on your developmental commitments, life dreams and potential, while at the same time providing support and encouragement.
- Celebration & Focus on Progress: A coach can help you recognize your achievement and celebrate your successes. A coaching relationship provides affirmation and partnership which is present and especially Future focused rather than past and mistakes focused.
- Developing a Closer more Intimate Walk with God: Achieving success at work and in life without an intimate relationship with your Creator is not truly success. A Christian coach is committed to helping you build your walk with God, and understand God's heart, plans, development and commitment to you.
- Character Formation: When God builds leaders, He is less interested in success and productivity than in forming who we are in Christ. Therefore, a coach will help you redefine Kingdom "success" in terms of growth, learning and formation as foundational to outward success and productivity.
- Value Discovery: Few people understand and live by their actual core values. A coach will help you discover, develop and communicate your core life values and discover the power of living by your values.
- Godly Perspective: A Coach will help you develop an eye for what God is doing in this season of your life and how to engage and respond to it.
- Change or Begin a Habit: No matter what habits you would like to have or that you would like to change a Coach may determine whether you succeed or fail. Since God has given you the stewardship of your own life, you'll be the one taking responsibility for making the changes, but your coach will be beside you fully committed to your success.
- Balance your Life: The high demands that are upon leadership in our day are quite extensive and bear the fruit of strained family relationships, poor health and a lack of overall life enjoyment. A coach can assist you in planning, developing and maintaining healthy life balance.
- Personalized Goal Setting & Goal Achievement: A coach will help you develop and achieve Specific, Measurable, Attainable, Relevant and Time Specific Goals (SMART Goals).
- Maximize Abilities & Develop Skills: Coaching turbo-boosts talent. It is the nature of people to want to attain more, become more, be more, and we all struggle with how to get what we're looking for. Studies show that coaching improves leadership, leads to higher productivity, increased focus, accelerated learning, leverages your strengths, grow skills and increases overall personal and professional performance.
- Discover & Clarify Passions, Life Purpose and Vision for your Future: Many of us are tired of doing what we "should" do and are ready to do something special and meaningful for the rest of our lives. Some have not yet discovered their true passions and life purpose, while others have a clear understanding of their passions and life purpose, but are not clear how to achieve it or simply need more precision and empowerment to finish the race. Your personal coach will assist you to find and fulfill you own Passions, Desires, Dreams, Visions and Life Purpose.
- Eliminate Obstacles & Dream-busters: Each of us, no matter how successful, experience both internal and external obstacles. Many times these obstacles (whether wrong beliefs, fears or distracting life events or demands) drain our energy or result in a lack of clarity, growth and development. A coach is a professional in asking the right questions and bringing insights that will help you overcome these and many other obstacles which each of us will face in life.
- Self-discovery: Self discovery is a powerful tool for growth and success. Understanding more clearly what makes you tick, your unique design and how you're wired by God will make a huge difference in your level of growth and development in both your strengths and weaknesses. "No two people are excited by exactly the

- same factors." Through assessment tools and other means a coach will help you find what energizes you and will help you be a good steward of your gifts, talents, dreams, life calling and destiny.
- **Generate Possibilities and Options:** Many people tell themselves "if I just work longer and harder I will achieve my goals" yet they continue to find themselves in a rat race going in circles. With a coach at your side you will have someone who can help you explore your options and look at the possibilities in new ways. At times, a coach will add to your list of ideas and help you to think outside of the box while looking at perspectives which you may not be accustomed to.

Hire a Professional Coach to be your Personal Change Expert!

Athletes, musicians and actors have always used coaches to improve their skills, overcome obstacles, remain focused, and attain the level of performance their professions demand. Corporate executives and entrepreneurs hire business coaches to help them excel in their industries, take a company public, or start a new business.

You are your greatest investment, and if you invest in yourself you will see the results in each area of your life. So whether you want a more vibrant and passionate marriage, feel like you're in a rut or if you just want to turbo-boost your growth, a coach may be the missing link that you need to reach the heights and potential that God has placed within you.