

Introduction to Christian Life Coaching

Description

What is Life Coaching? Who is a Christian Life Coach? What are the necessary tools you would need in order to become an effective Christian Life Coach? How do I coach others? Does Coaching come out of my life? What is my life's purpose?

These are some of the questions that will be addressed in this course. This course will lay a foundation to Christian Life Coaching, by teaching you the fundamentals to being a Life Coach. You will commune daily with the Lord and spend time with Him through prayer and journaling. You will learn the skills of listening, using effective language, how to prepare your coaching sessions and more importantly how to help your coaching clients identify their life's purposes. You will learn the differences between coaching, counseling and other helping professions. You will learn how to depend on the Lord in your coaching practice or ministry. You will learn how to hand over your life's journey to the Lord in order for Him to use them for His glory in others' lives. You will learn how to set your goals, how to daily visualize your goals through the eyes of your spirit as guided by the Holy Spirit. You will learn how to take practical steps to achieve your goals.

Coaches are Leaders; you will learn how to be an effective coach by following the example of the Lord Jesus as the Great Life coach. As a coach, you will learn the fundamentals of how to encourage, direct, train and guide your coaching clients by helping them to get from where they are to where they want to be. You will be able to look deep into yourself to discover your gifts and talents and learn if you are living a balanced life. You will learn how to apply your coaching skills and niche within your church, workplace, ministry or business.

Course Objectives:

Academic

- You will quote the following verses of Scripture:
 - ✓ John 15:5 NIV (this version must be quoted in your Test and Exam)
 - ✓ Psalm 37:23
 - ✓ Deuteronomy 28:13
 - ✓ Joshua 1:3-5
 - ✓ Isaiah 60:1
 - ✓ Galatians 6:5 AMP (this version must be quoted in your Test and Exam)
 - ✓ Proverbs 16:3
 - ✓ Exodus 18:13-14
 - ✓ Ephesians 4:1
 - ✓ Psalm 138:8
 - ✓ Romans 12:2
- You will define each the following terms:
 - ✓ Coaching
 - ✓ Happiness
 - ✓ Fulfillment
 - ✓ Mindset
 - ✓ Design
 - ✓ Devise
 - ✓ Intend
 - ✓ Real Art of Life
 - ✓ Value

- You will discuss the meaning of listening as a coach.
- You will discuss the three kinds of listening.
- You will state the differences between Listening To and Listening For.
- You will explain how coaching is a new field.
- You will discuss the responsibilities of a coach.
- You will learn how to identify your bliss.
- You will discuss what it means for a coach to help his coaching clients discover their gifts, talents, strengths and find answers.
- You will discuss the difference between a Life Coach and a Therapist/counselor.
- You will state why clients hire coaches.
- You will discuss what a coach should do if he/she finds out that he/she is not the best fit for a client.
- You will state the Four Quadrants of change.
- You will discuss the benefits of knowing your life's purpose.
- You will discuss the differences between living purposefully and living with design.
- You will list the obstacles or roadblocks coaching clients typically encounter.
- You will discuss how to live a fulfilled life and thereby make friends with your needs.
- You will list the three kinds or levels of values.
- You will discuss what the coach can do to help the client identify his/her values.
- You will discuss why boundaries are important in our lives.
- You will discuss how a coach can help a client replace fear with love and trust.
- You will discuss the power of forgiveness.
- You will develop a goal for your niche in coaching.

Attitudinal

- You will honor the talents, gifts, purpose and calling that God has placed upon your life.
- You will be more conscious of your dependence on the Holy Spirit in your ministry or practice.
- You will honor the gifts and talents that God has placed in others.

Standards for Grading Assignments

As indicated below, "C" or 2.0 level work is considered average. **Leaders are not average people.** You are therefore expected (required) to put forth the effort necessary to demonstrate at least "B" (3.0) level work or higher on all assignments which you submit. Any which do not will be returned to you with input from your instructor on how you can raise your grade to the expected level. **A course grade will not be given until your assignments demonstrate that you have understood the material presented in the course and allowed your life to be transformed by the Spirit and the Word studied** — the requirements for attaining a "B".

Your individual assignments (notebooks, tests, reports) will be graded according to the following standards. These grades will be averaged together to determine your course grade. Remember, we are training leaders and leaders are above-average people. Your work will reflect that.

- "D"
 - Indicates barely passing work that is inferior to the average both in quantity and in quality.
 - Manifests a lack of initiative or sense of responsibility or both.
- "C"
 - Average work; either steady work of an acceptable quality, or work of a high quality which is uneven, irregular or fragmentary.
 - May be mechanically or outwardly correct but shows little reflection upon or personal assimilation of the material.
- "B"
 - Intelligently has fulfilled the requirements of this course.
 - Understands the subject matter presented and has applied it to his life in a limited manner but has not really made the truths his own.
- "A"
 - Grasped the material with thoroughness, industry and correctness of detail.
 - Made the material his own by thinking about it and integrating it, using originality, natural ability, and insight.

- You will be conscious of your goals and regularly surrender them to God.
- You will glorify God for making you a Leader and trusting you with the role of walking alongside others in their journey in life.
- You will be more balanced in the way you handle situations and events of life.
- You will honor the importance of forgiveness.
- You will have a better understanding of setting boundaries in your life and getting rid of clutters and toxic lifestyle.
- You will honor the Lord Jesus as the center of your coaching business or ministry.
- You will have a great awareness of being a vessel that God is using to lead others into the fulfillment of His purpose and their destiny.
- You will recognize the importance of living a happy life and being blissful.
- You will honor your values and not give room to compromising them.
- You will recognize that your experiences and journey in life are tools that God can use in the lives of others to take them from where they are to where He wants them to be.

Behavioral

When you apply the teaching of this course to your life and your coaching practice or ministry, your life and the lives of your clients will be positively impacted. Here are some of the changes and impacts that you will experience:

- You will discover your niche in coaching.
- You will learn how to depend completely on the Holy Spirit in your coaching practice or ministry.
- You will learn how to be a good listener.
- You will learn how to be client-focused in order to have an effective coaching practice/ministry.
- You will learn how to spend quality time with the Lord every day through communing with Him and journaling.
- You will learn how to help your client identify and fulfill their core values, helping them to move from where they are to where they want to be in order to fulfill their life's purpose.
- You will learn about your values, accomplishing your goals and the importance of forgiveness in your coaching career.

- You will learn how to set boundaries in your relationships in order for you to be more balanced.
- You will regularly visualize your goals using the eyes of your spirit as guided by the Holy Spirit.

Course Texts

Becoming A Professional Life Coach by Patrick Williams and Diane S. Menendez

Christian Coaching: Helping Others Turn Potential Into Reality, Christian Coaching by Gary R. Collins

The 100 Most Powerful Prayers For Life Coaching by Toby Peterson

The Bliss List: Discover what Truly Makes You Happy by J.P. Hansen

Course Requirements

1. Classroom students must regularly attend and participate in class.
2. Read the text *Becoming A Professional Life Coach* thoroughly and completely, answering all related questions and journaling assignments found in the textbook and receiving at least a "B" on your work.
3. Read *The 100 Most Powerful Prayers for Life Coaching* as a devotion every day.
4. Prayerfully read the book *The Bliss List*, answering all questions and doing all the exercises. This book is not only about landing a job or preparing for interviews, but also about discovering what truly makes you happy. As a potential coach you must be balanced in your life and be ready to pour positives into others' lives. This book will motivate you to do some soul searching whether you are happy with your current place or position in life or you are aspiring to make new changes. It will help you to face your challenges, turning your weak areas into strengths, so you can start living a blissful life as you start your new journey in being a life coach. Complete the two-way journaling on each of the chapters' exercises according to the required exercises in the textbook for each chapter. All exercises and filling in the blanks must be done in a journaling format as learned through the *4 Keys to Hearing God's Voice*. Ask the Lord to help you in answering the questions and to speak to your heart, revealing all He wants you to know about yourself and any weak areas He reveals to you as you go on this journey with Him in discovering your bliss. Some chapters do not have

exercises, for each of those chapters you will ask the Lord what He wants to tell you about what you have read in those chapters. All journal entries from the textbook will be submitted to your instructor in Lesson 6.

5. Read the prayers from the **100 Most Powerful Prayers for Life Coaching**. Follow the guidelines on page 15 “Remedy for Result.” The prayers are divided into three categories: **coaching, psychology and career**. You may choose the prayer from any of these categories. Choose between **five to ten** of those prayers that resonate with you weekly. This should not be a rote prayer; you have the freedom to choose the prayers you want to pray over your life, the most important thing is to ask the Holy Spirit to guide you as you start praying these prayers over areas of your life. After each week, journal on what the Lord has said to you during your prayer that week before moving to the next five to ten prayers of your choice. Keep a journal log of all your prayers and communication with the Lord throughout the course. This prayer journal will be submitted to your instructor in Lesson 12.
6. You will be reading the book **Conscious Visualization** simultaneously; this is included in the book **100 Most Powerful Prayers for Life Coaching** (beginning pg.91). The book **Conscious Visualization** does not mention the Holy Spirit or the Lord Jesus, therefore as a Christian student, you should invite the **Holy Spirit** anytime you are visualizing your dreams and goals; ask the Holy Spirit to guide your vision and your thoughts. He is the Spirit that illumines our mind to receive a greater revelation of God’s heart and plans for our lives. As Christians, we are not to use our imagination independent of

the Holy Spirit. *Romans 12:2 “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

7. Completely read **Christian Coaching: Helping Others Turn Potential Into Reality, Christian Coaching** by Gary Collins and write a **Final Report** which includes the following:
 - a. What is your niche in Life Coaching?
 - b. How has this book influenced your thinking?
 - c. What strengths, qualities, gifts and talents do you bring into the coaching client relationship?
 - d. What areas of weaknesses have you discovered in your life? What changes have you made since reading this book?
 - e. Finally, highlight the short term and long-term goals you plan to achieve from reading the book.
8. **Self-Confrontation Essay:** Complete Appendix A, B, E from the text **Christian Coaching** by Gary Collins. Pray and ask the Lord to give you more revelation about yourself and His heart for you as you work through Appendix A, B, and E. Be honest with yourself in answering all the questions and when filling out the graph. Underline areas in your life that you need to make changes and continue prayer over these areas daily. Highlight steps the Lord want you to take in order for positive changes to take place in these areas. This report will be submitted to your instructor in Lesson 12.

CLC101 Introduction to Christian Life Coaching

Course Schedule

Lesson 1

Assignment to be completed:

Read the Introduction, Part I, Chapters 1 and 2 of *Becoming a Professional Life Coach* by Patrick Williams and Diane Menendez.

Read the introduction and Chapter 1 of *The Bliss List* by J.P. Hansen

Complete the exercises for Lesson One found here in your Student Notebook.

Memorize John 15:5 NIV (this version must be quoted in your Test and Exam)

Complete and correct Self-Test One.

Prayerfully read the introduction of the *100 Most Powerful Prayers for Life Coaching* by Toby Peterson and the Introduction to *Conscious Visualization* included in the book *100 Most Powerful Prayers of Life Coaching* by Toby Peterson.

Subjects to be explored:

Introduction to Life Coaching

The Language of Coaching

Finding your Bliss

Related objectives:

- You will define the term coaching.
- You will explain the differences between coaching, therapy or counseling, mentoring, and consulting.
- You will quote John 15: 5 NIV. (“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”)
- You will list the three kinds of listening as a coach.
- You will explain why a coach should ask the client powerful questions.
- You will list the four accountability questions.

Lesson 2

Assignment to be completed:

Read Chapters 3 and 4 of *Becoming a Professional Life Coach* by Patrick Williams and Diane Menendez

Read Chapters 2 and 3 of *The Bliss List* by J.P. Hansen.

Complete the exercises for Lesson Two found here in your Student Notebook.

Complete the journaling on the book *The Bliss List* according to Course Requirement #4.

Memorize Psalm 37:23.

Complete and correct Self-Test Two.

Prayerfully choose the prayers that resonate with you from *The 100 Most Powerful Prayers for Life Coaching* by Toby Peterson, and start your prayer journal according to requirement #5.

Allow the Holy Spirit to guide your imagination as you read and follow the steps outlined in Chapter 1 of *Conscious Visualization* by Jason Thomas included in the book *100 Most Powerful Prayers of Life Coaching* by Toby Peterson.

Subjects to be explored:

Coaching as a developmental change process

Learn how not to use the four letter words can't, don't and won't

The six spokes of bliss