

# Introduction to Christian Life Coaching

## **Course 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, work- place, ministry or business.

## 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

*21 Destiny Prayers: Recommended for Counselors & Life Coaches* by Simi Adigun

*The Power of Focus* by Jack Canfield, Mark Victor Hansen, & Les Hewitt

## Course Objectives

### Academic

You will quote the following Scriptures:

- ✓ 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 state the definitions of the following terms:

- ✓ Coaching
- ✓ Happiness
- ✓ Fulfillment
- ✓ Mindset
- ✓ Design
- ✓ Devise
- ✓ Intend
- ✓ Real Art of Life
- ✓ Value

In addition:

- 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 list the three steps of the Successful HABITS Formula.
- You will explain the benefits of using the Successful HABITS Formula.
- You will discuss the 4-D Solution.
- You will learn how to best prioritize your focus.
- You will discuss the Top-10 Goals Checklist.
- You will begin to develop your Master Plan for Successful Goal Setting.
- You will discuss why it is important to develop a “champion-mindset.”

- You will define a core client relationship and discuss why it is important.
- 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.
- You will learn how to find great mentors and develop lasting relationships.
- You will gain confidence building strategies and developing a total support system.
- You will learn how to boost your ministry or practice built upon the true foundation of integrity.

## **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.
- 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 clutter 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 healthy and toxic relationships in your life, ministry, or practice.
- 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.

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## Course Requirements:

**NOTE: Save your answers into a digital document** to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will be not be accepted without prior approval from your instructor.

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 *21 Destiny Prayers* as a daily devotion.
4. Prayerfully read the book *The Power of Focus*, answering all related questions and doing all the action steps discussed at the end of each chapter. Complete two-way journaling for each chapter as learned through the 4 Keys to Hearing God’s Voice. All journal entries will be submitted to your instructor in Lesson 6.
5. Read the prayers from the text *21 Destiny Prayers*. The prayers are divided into three categories: Week 1 (Day 1-7), Week 2 (Day 8-14) and Week 3 (Day 15-21). Each week prayer should be completed within the duration of one week, and so on. You will need a journal to take notes of your conversations with the Lord during your devotion. These prayers should not be rushed and they should not be rote prayers. It is important to ask the Holy Spirit to speak to you and to give you divine revelation from the information you are reading in the book. After each daily reading and prayer: (a) journal on what the Lord impressed on your heart, this should be two-way journaling not monolog; (b) write down your personal prayer to the Lord for the day; (c) write down your testimonies of answered prayers during the duration of this course as a result of praying over your destiny. Keep a journal log of all your prayers, testimonies, and communication with the Lord throughout the course.

This prayer journal will be submitted to your instructor in Lesson 12. (Note: We respect your privacy; if some of the testimonies are too personal, you can let your instructor know and share the ones you are comfortable with. Students must submit their two-way journal entries to the instructor as a requirement for the course).

6. Complete all the Discussion and Application Question exercises in your student syllabus and submit to your instructor in Lesson 12.
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.



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## 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.

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# Lesson One

## Assignment to be completed:

**NOTE: Save your answers into a digital document** to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will be not be accepted without prior approval from your instructor.

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

Read the Acknowledgement, Foreword, Focusing Strategy #1 & #2 of *The Power of Focus* by Canfield, Hansen, & Hewitt.

Complete two-way journaling on *The Power of Focus* Focusing Strategies (chapters) according to Course Requirement #4.

Complete *The Power of Focus* Action Steps.

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

Memorize John15:5 NIV (this version must be quoted in your Test and Exam).

Complete and correct Self-Test One.

Prayerfully read the Introduction, Declaration, and Week 1: Day 1-7 of 21 *Destiny Prayers: Recommended for Counselors & Life Coaches* by Simi Adigun. Start your two-way journal entry according to the course requirements #5.

## **Subjects to be explored:**

Introduction to Life Coaching The Language of Coaching

Successful Habits

Build Your Strengths

Priority Focus Workshop

## **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.
- You will list three steps of the Successful HABITS Formula.
- You will explain the benefits of using the Successful HABITS Formula.
- You will discuss the 4-D Solutions.
- You will learn how to best prioritize your focus.

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# Exercises

1. What are the responsibilities of a coach?
2. What are the five different ways by which a coach can lapse in the skill of listening and being attentive to the client?
3. What are the three different kinds of listening?
4. Explain the steps of the Successful HABITS Formula. Why does it work when applied in your life? Why is it important to vividly describe the benefits of step two?
5. Use the Successful HABITS Formula to create one habit in your life. List answers for each step within the formula.
6. Discuss the 4-D Solutions and how it can be helpful when you are faced with daily choices.
7. Write out John 15:5 NIV (this version must be quoted in your Test and Exam).
8. Read through the “transcripts of a coaching session” on page 29-36 BPLC. Write a short summary on it. Include your thoughts and observations of how the coach handled the situation, if you think the client was happy about the outcome of the session, and if there is anything you could have done, said or suggested if you were the coach in this situation?
9. List the three reasons why clients hire coaches.
10. Why is a coach’s initial contact call to or from a prospective client critical? Discuss and explain these purposes and why it is important to screen the client.

11. Journaling: Do a two-way journaling; The Lord Jesus is our Head Coach. Ask the Lord to talk to you about His purpose for you as a professional Christian Life Coach. Ask the Him to give you a word from the Scriptures that you will hold on to as you continue in this journey of being a Christian Life coach.

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# Self-Test

**Note:** *These Self-Tests are designed to clarify and reinforce the lesson objectives. They may be done with open book, if necessary.*

1. In coaching, a coach's responsibility is to \_\_\_\_\_ with what the client wants to achieve, elicit client-generated strategies and ideas, and hold the client responsible and accountable.
2. Do coaches offer clients advice? Yes or No?
3. Coaches should help the client discover their \_\_\_\_\_.
4. The coach supports and challenge the clients thinking and actions by using deep listening, \_\_\_\_\_ and direct communication of what they \_\_\_\_\_ and perceive so that awareness is increased.
5. Coaching is Psychotherapy. Yes or No?
6. Coaches should encourage their clients to get assistance from other professionals if needed. Yes or No?
7. The first coaching session should be about introduction of what coaching is about and how it differs from \_\_\_\_\_. This new partnership with the client is called \_\_\_\_\_.

8. What are the five different ways by which a coach can lapse in the skill of listening and being attentive to the client? Choose all that applies.

- Interrupting the client or speaking as soon as client finishes a sentence.
- Beginning to speak while clients finish the last few words of a sentence.
- Attending superficially; missing signals provided by clients' tone, voice or body language.
- Breaking eye contact with client, multitasking with sounds clients can hear during phone coaching.
- Random or fidgety movements that comes from the coach's personal inner thoughts or feelings unrelated to what client is saying.
- Paying full attention and asking curious questions.
- Empowering the client.

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

"I am the vine; \_\_\_\_\_ . If you remain in me

\_\_\_\_\_.

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# Answers to Self-Test

1. (BPLC pg. xxvii) In coaching, a coach's responsibility is to **discover** and align with what the client wants to achieve, encourage client' self-discovery, elicit client-generated strategies and ideas, and hold the client responsible and ac- countable.
2. Do coaches offer clients advice? Yes or **No**? (BPLC pg.xxx)
3. Fill in the blanks: (BPLC pg.xxx) Coaches should help the client discover their **answers, gifts, talents, and strengths**.
4. (BPLC pg.xxx) The coach supports and challenge the clients thinking and actions by using deep listening, **powerful questioning**, and direct communication of what they **notice** and perceive so that awareness is increased.
5. Coaching is Psychotherapy. Yes or **No**? (BPLC pg.xxx)
6. Coaches should encourage their clients to get assistance from other professionals if needed. **Yes** or No? (BPLC pg. xxxi)
7. What should your first coaching session be about?  
(BPLC pg.42) The first coaching session should be about introduction of what coaching is about and how it differs from therapy and or consulting. This new partnership with the client is called coaching alliance.
8. What are the five different ways by which a coach can lapse in the skill of listening and being attentive to the client? (BPLC pg. 3&4)
  - Interrupting the client or speaking as soon as client finishes a sentence.
  - Beginning to speak while clients finish the last few words of a sentence.
  - Attending superficially; missing signals provided by clients' tone, voice or body language.



- Breaking eye contact with client, multitasking with sounds clients can hear during phone coaching.
  - Random or fidgety movements that comes from the coach's personal inner thoughts or feelings unrelated to what client is saying.
  - Paying full attention and asking curious questions.
  - Empowering the client.
9. Quote John 15:5 NIV (this version must be quoted in your Test and Exam)
- "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.**