

# Introduction to Basic Christian Coaching Skills

## Course Description

The purpose of this course is to continue building the foundation for Christian Life Coaching and developing the skills for coaching. You will learn how to identify the obstacles that may be stopping you from fulfilling your purpose and achieving your dreams. Through the course you will learn why you do the things you do and how to overcome the fears that are holding you back from achieving your purpose and dreams. You will learn how to create a thriving life coaching business by offering group life coaching programs and increase your hourly revenue. As a Christian Life coach, you will learn how to overcome negative emotions and hone the skills necessary in order to be a successful Christian Coach.

## Course Texts

*What's Really Holding You Back?* by Valorie Burton

*Effective Coaching* by Marshall J. Cook & Laura Poole

*The Ultimate Group Life Coaching Blueprint* by Joell Rivera & Natalie Rivera

## Course Objectives:

### Academic

You will quote the following Scriptures:

- ✓ Matthew 20:28
- ✓ 2 Timothy 1:7
- ✓ Proverbs 20:19 NASB
- ✓ Joshua 1:5, 9 NIV

- ✓ Isaiah 55:8-9
- ✓ Romans 8:28
- ✓ Proverbs 20:19
- ✓ Psalm 37:23

You will state the definitions of the following terms:

- ✓ State of Life Assessment
- ✓ Probing question
- ✓ Expansive questions
- ✓ Journaling as a form of prayer
- ✓ Joy
- ✓ Verbal integrity
- ✓ Empathy
- ✓ Spiritual leverage
- ✓ Coaching
- ✓ Promotion
- ✓ Active listening
- ✓ Mirroring
- ✓ Feedback

In addition:

- You will list at least seven possible hindrances or roadblocks that could be holding you back from getting to where you want to be.
- You will state seven principles that you can use to develop your goals.
- You will discuss eight of the issues that can be a roadblock to self-fulfillment.

- You will state the three steps you can take in order to start fulfilling your goals.
- You will list six ways you can counteract Naysayers you come across in life.
- You will state the Law of Attraction.
- You will discuss four keys that can help you close the gap in your life.
- You will state five aspects of the benefits of good coaching.
- You will list seven of the characteristics of a good coach.
- You will discuss eight of the issues that can be a roadblock to self-fulfillment.
- You will state five aspects of the benefits of good coaching.
- You will list seven main comparisons between a coach and a boss.
- You will state the definition of non-verbal communication and discuss how important body language is in communication.
- You will state four different ways to stay focused in communication.
- You will list the two steps to create a positive specific action in coaching.
- You will discuss six of the coaching obstacles you may find along the way to effective coaching.
- You will state the four elements of effective feedback.
- You will discuss the guidelines you should follow when giving a feedback.
- You will discuss the performance killer in coaching.

**Behavioral:**

As a result of your application of the truths you learn in this course, you may recognize certain changes taking place in your attitudes, adjusting them to the following:

- You will recognize the obstacles that are holding you back from achieving your purpose and dreams in life.
- You will develop a clear strategy to overcome those obstacles to your progress.
- You will start using your frustration to fuel your turnaround as you move from where you are to where you want to be.
- You will begin to see God's purpose for your life and rely on Him for your Spiritual leverage.
- You will no longer allow negative emotions like fear, doubt, hopelessness, guilt, sadness, insecurity to control or rule over your decision making.
- You will daily rely on God to overcome your limitations.
- You will stop working around your problems and start working through them in order to break the cycle of unhealthy behavior.
- You will purpose to eliminate negative talk from your daily conversation by taming your tongue according to James 3:8.
- You will use journaling as a form of prayer and meditation as you commune with God.
- You will reject allowing past failures to dominate your thoughts by shifting your attention to the present and focusing on God's word.
- You will start responding to Naysayers in empathy rather than anger or bitterness, and know how to select your friends by practicing discretion and protecting your vision.
- You will recognize the importance of effective coaching.
- You will develop your listening skills.
- You will develop your skills of asking good questions in a coaching session.

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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. All students must view all assigned videos. Students in a classroom setting must also attend class faithfully. Complete all exercises and assignments according to the syllabus schedule.
2. Completely read the textbook *The Ultimate Group Life Coaching* by Joel & Natalie Rivera. “Make the Most of This Book” by answering all questions. There are 5 chapters in the textbook, journal on what you have read in each chapter of the textbook. In your journaling ask the Lord to show you how you can apply what you have read in your life and/or your business/ministry. These exercises and journaling will be submitted to your instructor for grading in Lesson 9.
3. Prayerfully read *What’s Really Holding You Back? (WRHYB)* by Valorie Burton as assigned. Answer all questions as they apply to your life, including *Closing the Gap* journaling and exercises.
4. Prayerfully read *Effective Coaching (EC)* by Marshall J. Cook and Laura Poole as assigned. Answer all questions and complete all the action steps, including the Coach’s checklist at the end of the chapters.
5. Answer all related Exercises for each lesson found here in your Student Notebook.
6. Submit a final report/paper discussing the following points:
  - A. The most significant facts you have learned in this course and how this knowledge will affect the way you live and coach your clients.

B. In what ways will your life be different from now on, because of your taking this course?

C. What specific line of coaching or niche do you think the Lord is calling you to focus on?

D. What strengths, qualities and characteristics do you bring into the coaching relationship? What do you believe is one weak area in which you believe you need personal development?

This paper is to be a minimum of 3-5 double-spaced, typewritten pages and is due in the final lesson.

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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, and Chapter 1- 6 of *What's Really Holding You Back?* (WRHYB) by Valorie Burton. Answer all questions as they apply to your life, including "Closing the Gap" journaling and exercises.

Read Chapter 1, pages 5-7: *The Ultimate Group Life Coaching Blueprint* (TUGLCB). Refer to the instructions in Course Requirement #2 as you respond to each chapter.

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

Memorize Matthew 20:28

Complete and correct Self-Test One

## **Subjects to be explored:**

Identify where you want to be

What is the state of your life?

Using your frustration to fuel your turnaround

Refuse to lower your standards

What's your motivation?

Uncommon upfront request

Group Coaching

## **Related objectives:**

- You will quote Matthew 20:28 "Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."
- You will list some of the gaps in your life.
- You will explain how you want to close the gaps.
- You will know your specific goals.
- You will take your Life Assessment test and recognize the state of your life.
- You will state how to develop a strategy that will move you from where you are to where you want to be.
- You will state the meaning of non-negotiables.
- You will explain why it is important to know that our purpose is not only about ourselves but also to serve, making a difference and helping others experience God's love.

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# Exercises

1. Write out Matthew 20:28
2. Name fourteen signs that will let you know that there is a road-block or hindrance holding you back.
3. What goals have you set up for yourself in closing the gap in your life to move to where you want to be according to your State of Life Assessment score pg.19-26?
4. Discuss the seven principles you should consider as you develop your strategy for moving toward your goals and where you want to be.
5. List the eight non-negotiables you might consider incorporating into your overall life strategy.
6. What is your motivation in life? Discuss how you can overcome every impure or tainted motive.

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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. Matthew 20:28
2. Underline the right answers from the list below. Some of the hindrances that could be holding you back are:
  - a. I don't have enough time.
  - b. I don't have enough money.
  - c. I have kids and their needs are holding me back.
  - d. I don't have the right connection.
  - e. I love life.
3. The \_\_\_\_\_ is a simple measurement tool to gauge your progress in different areas of your life.
4. Areas that are critical for you to gauge your State of Life Assessment are: \_\_\_\_\_, Career, \_\_\_\_\_, Resources, \_\_\_\_\_ and environments, spiritual life, and \_\_\_\_\_.

5. Seven principles you can use to develop your goals are:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

g. \_\_\_\_\_

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# Answers to Self-Test

1. Matthew 20:28 *“Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”*
2. Some of the hindrances that could be holding you back are? Underline the right answers from the list below.
  - a. I don't have enough time.
  - b. I don't have enough money.
  - c. I have kids and their needs are holding me back.
  - d. I don't have the right connection.
  - e. I love life.
3. The **State of Life Assessment** is a simple measurement tool to gauge your progress in different areas of your life.
4. Areas that are critical for you to gauge your State of Life Assessment are: **Relationships, Career, Finances, Resources, Physical health and environments, spiritual life, and state of life.**
5. Seven principles you can use to develop your goals are:
  1. **Be clear about your vision.**
  2. **Set specific written goals.**
  3. **Set only those goals you feel led to pursue.**
  4. **Drop any goals that lead you away from your vision.**
  5. **Set a deadline , then create a timeline.**
  6. **Let go of all excuses as to why you can't reach the goal.**
  7. **Maintain your focus.**