

Christian Leadership

Life Coaching

Course Description

The focus of this course is on using relational influence to develop and empower adult leaders through the leading of the Holy Spirit. You will understand how the Christian coaching process develops leaders and how it fits into the broader purposes of God. You will examine what coaching is, the heart and perspective of a coach, the value system that undergirds coaching, and how the coaching approach is uniquely suited to leadership development.

Through hearing the voice of God, you will become more effective at walking with other leaders, sharpen your coaching skills, and develop a more coherent biblical philosophy. You will understand and use the Coaching Paradigm. You will also learn through the Holy Spirit, the art of coaching through the use of seven daily coaching questions which lead to greater change with increased impact in the coaching process.

Course Texts

Leadership Coaching – The Disciplines, Skills, & Heart of a Christian Coach – by Tony Stoltzfus

The Coaching Habit – Say Less, Ask More & Change the Way You Lead Forever – By Michael Bungay Stanier

Course Objectives:

Academic: You will quote the following Scriptures:

- ✓ 2 Corinthians 5:16-17
- ✓ John 5:19
- ✓ Luke 6:45
- ✓ 2 Corinthians 1:3-4
- ✓ Proverbs 27:17
- ✓ Ephesians 2:10

✓ 1 Corinthians 9:25-27

✓ 1 Timothy 4:8

✓ Galatians 6:8-9

✓ Philippians 4:13

In addition:

- You will explore the ministry of being a Christian life coach.
- You will explain the difference between the Advice Giving Paradigm and the Life Coach Paradigm.
- You will name eleven characteristics of coaching.
- You will name seven simple ways to keep responsibility with clients.
- You will discuss the Destiny Perspective and how it relates to life coaching.
- You will discuss the value of an authentic and unconditional relationship with the client.
- You will name the four types of authentic stories.
- You will name and discuss the four steps to take by the end of your first life coaching appointment.
- You will create a basic welcome packet for your life coaching practice.
- You will name and discuss the five key reasons why being goal driven is vital to coaching efficiently.
- You will discuss the five signs of a motivated client.
- You will explain how the client can use visualization to create life-changing goals.
- You will name and discuss the S.M.A.R.T. format.
- You will discuss the power of listening, imitating God, and thinking things through as it relates to the life coaching process.
- You will explain the meaning of turning off the conversation in your head.

- You will explain how intuition works.
- You will name and discuss the most five important categories of intuition indicators.
- You will discuss solution-oriented questions and how they are a sign of pushing too hard.
- You will explain what are probing questions.
- You will discuss the mouth-heart connection and how it relates to the life coaching lifestyle.
- You will discuss four areas to use direct questions.
- You will explain revealing questions and ownership questions.
- You will explore and understand the G.E.T. Model as it is used in the coaching practice to solve problems.
- You will learn the importance of using direct questions in life coaching sessions.
- You will list six principles that foster high commitment for client action steps.
- You will discuss the power of accountability and seek the Lord for additional insights in this area.
- You will understand the benefits of using progress reports in the coaching practice.
- You will understand how to use the G.U.E.S.S. Encouragement model in your life coaching sessions.
- You will name three reasons why coaching others helps you.
- You will discuss the New Habit Formula and explain how it can help your coaching clients.
- You will understand the five most important categories of intuition indicators.
- You will explore the four practical tips for asking “And, what else?”
- You will gain an understanding in how to use Focus Questions during the life coaching session.

- You will discuss explore four simple tests you can use to evaluate the client's action step.
- You will explain the Five Times a Second Principle.
- You will understand the three types of ownership questions in the life coaching process.
- You will discuss and explain the T.E.R.A. quotient plus understand how to raise this quotient during life coaching sessions.
- You will understand what the Lazy Question is and how it is used in the coaching process.

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 understand the basics of leadership life coaching through reliance on the Holy Spirit.
- You will begin to develop a “natural” mindset of the life coaching journey through the eyes of a servant’s heart.
- You will confidently recognize the voice of the Lord and His direction in your life as well as in the ways to successfully coach others by the Spirit of love rather than law.
- You will be transformed by the power of God during the course increasing in wisdom and in the knowledge needed to become an anointed leadership life coach.
- You will gain Christ’s view of the “heart” of life coaching, laying aside the world’s views.
- You will understand how to create life changing goals in your personal life as well as how to help others create this lifestyle of change
- You will minimize distractions in your life as the Lord speaks to you concerning different areas.
- You will understand the power of accountability in your own personal life and gain increased wisdom from two-way journaling in the presence of the Holy Spirit.
- You will develop new, Spirit-led habits in your personal life.

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. Completely and prayerfully read Leadership Coaching – The Disciplines, Skills, & Heart of a Christian Coach by Tony Stoltzfus, as assigned, reviewing the textbook exercises, and answering the assigned questions here in the Student Notebook.
2. Completely and prayerfully read The Coaching Habit – Say Less, Ask More & Change the Way You Lead Forever – By Michael Bungay Stanier and answer the assigned questions here in the student notebook.
3. Write a report on one of the collateral books listed on page 16 of this syllabus. Your report must be a minimum of three to four typewritten pages. As you read through your chosen book, journal as you go along. A. Ask God about what He wants to say to from the chapters; some of the journaling must be included in your report. B. Discuss what changes He has brought in your understanding of what leadership coaching entails. C. Discuss how your life has been impacted by the book. D. Discuss how you will be applying what you have read and learned from the book in your coaching ministry or practice. This report is due in Lesson 12.
4. Earn at least a B on the two tests.
5. Submit a paper describing your personal growth as a result of taking this course. Include highlights of what you have learned about life coaching, the truths the Lord has revealed to you through journaling, and how you will use these principles in your life coaching ministry. This paper is to be at least five pages, typed, and double spaced. It is due in the final lesson.

Suggested Collateral Reading

1. *The 5 Levels of Leadership: Proven Steps to Maximize Your Potential* by John C. Maxwell.
2. *Next Generation Leader: 5 Essentials for Those Who Will Shape the Future* by Andy Stanley.
3. *Boundaries for Leaders: Results, Relationships, and Being Ridiculously in Charge* by Henry Cloud.

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.

Prayerfully read the Introduction, Chapters 1-2, and Appendix A of Leadership Coaching – The Disciplines, Skills, & Heart of a Christian Coach, taking notes in a notebook as you read. These notes are for your own benefit and will not be required to be turned in to your instructor.

Review the exercises given within each chapter of Leadership Coaching. The answers for each set of exercises are given at the end of each chapter for review.

Complete the exercises, discussions, and journaling questions given here in your Student Notebook for Lesson One. This information will be turned into your instructor for grading.

Memorize 2 Corinthians 5:16-17 (NIV).

Complete and correct Self-Test One.

Subjects to be explored:

What is coaching?

Related objectives:

- You will quote 2 Corinthians 5:16-17 (So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!)
- You will explain what Christian Life Coaching is.
- You will discuss why it is important to prioritize motivation over information.
- You will explain the difference between the Advice Giving Paradigm and the Life Coach Paradigm.
- You will name eleven characteristics of coaching.

Exercises

1. Explain what life coaching is from the Christian perspective. Discuss the importance of developing a relationship with the client.
2. Discuss why it is important to prioritize motivation over information within the coach-client relationship.
3. Explain the difference between the Advice Giving Paradigm (also known as the Telling Paradigm) and the Coaching Paradigm along with how this affects the coaching conversation.
4. Name the eleven (11) characteristics of coaching. Ask the Lord what He would like to say to you about each characteristic and include your journaling responses.
5. Write out and journal about 2 Corinthians 5:16-17, asking the Lord what He wants to say to you and its application in your life as well as developing your lifestyle of coaching.

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. Quote 2 Corinthians 5:16-17.
2. Solution oriented questions are considered _____ questions and are not considered _____ coaching questions.
3. Becoming a great coach is a _____ project that will alter your values, the way you look at people, and the conversational habits of a lifetime. Becoming a _____ coach starts with becoming transformed.
4. When you start with the _____ of the coach within the coaching paradigm, the coaching skills take on a _____ significance. They become the disciplines of believing in _____.
5. Coaching techniques include _____, _____, _____, and taking _____. Practicing them comes through discipline and consistency through the _____ of living as a coach.
6. The essence of coaching is believing in _____. Coaching is looking at others through the eyes of _____.
7. Coaching is helping people _____ instead of _____ them. Coaching is a support structure for _____.
8. Coaching works through _____ not authority.

Answers to Self-Test

1. 2 Corinthians 5:16-17 (So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!)
2. Solution oriented questions are considered advice giving questions and are not considered effective coaching questions.
3. Becoming a great coach is a remodeling project that will alter your values, the way you look at people, and the conversational habits of a lifetime. Becoming a transformational coach starts with becoming transformed.
4. When you start with the heart of the coach within the coaching paradigm, the coaching skills take on a greater significance. They become the disciplines of believing in people.
5. Coaching techniques include listening, asking, goal setting, and taking responsibility. Practicing them comes through discipline and consistency through the lifestyle of living as a coach.
6. The essence of coaching is believing in people. Coaching is looking at others through the eyes of Jesus.
7. Coaching is helping people learn instead of teaching them. Coaching is a support structure for change.
8. Coaching works through influence not authority.