



Life and Leadership Coaching

Introduction to Christ-Centered Coaching



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The purposes of a person's heart are deep waters,
but one who has insight draws them out.
- Proverbs 20:5

Question # 1

If you were interviewing a Coach who said, “ I am a Coach who is Christian” rather than saying “I am a Christian Coach”, what would you think?

Question #2

What differentiates a
Christian Coach from a
Secular Coach?

Coaching: Christ-Centered Approach

Partnering with those being coached:

- a thought-provoking and
- creative process that
- inspires them to
- maximize their personal and professional potential. (ICF)

Christ-Centered Coaching

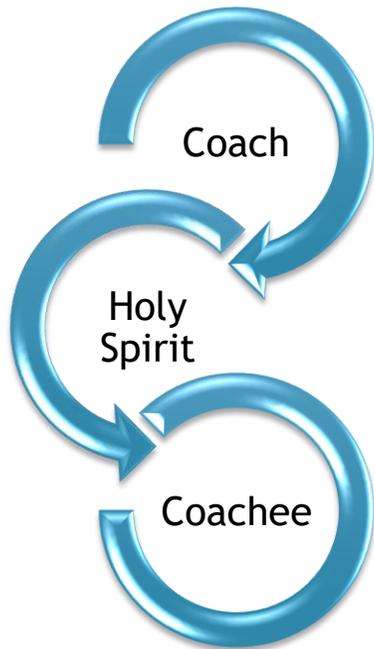
- aligns the person's responses and actions to God's Word
- relies on the Holy Spirit to have the answers to one's life.
- discovers rather than designs one's path

“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.”

- John 16:13

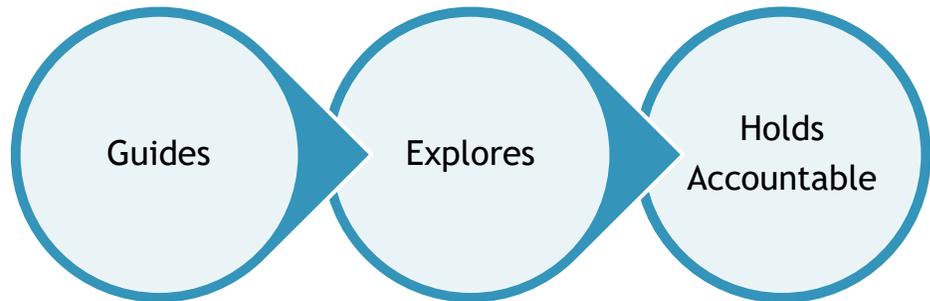
“No one can know a person's thoughts except that person's own spirit, and no one can know God's thoughts except God's own Spirit”.- 1 Corinthians 2:11

COACHING: Biblical Alignment



- ❖ assumes that each one of us has the capacity to hear from the Holy Spirit as He guides us.
- ❖ provides a safe environment in which people are actively encouraged to listen to the Holy Spirit
- ❖ provides a way to hear from God in the context of community and relationship
- ❖ mirrors the method that Jesus modeled

COACHING: Biblical Alignment



- ❖ accepts that God has different plans for different people
- ❖ guides people toward maturity rather than dependence
- ❖ provides the accountability for people to move forward into what they have discerned to do
- ❖ offers an excellent means of living out the “one another” passages of scripture
- ❖ helps guide people to stay connected to the vine as their source of nourishment

BENEFITS OF COACHING

- ❖ Gaining Awareness
- ❖ Living out the abundant life (John 10:10)
- ❖ Improving communication
- ❖ Having Vibrant & Loving Relationships
- ❖ Being Spiritually Healthy
- ❖ Increasing Commitment and Productivity
- ❖ Transforming Life

Knowing How Coaching Differs from other Helping Modalities

- **Mentor** - shares their past experiences to someone less experienced. They impart what they learned to help another.
- **Counselor** - deals with someone's past and pain that prevents someone from healthy functioning. The focus is on healing.
- **Consultant** - solves problems and provides information and solutions
- **Coach** - helps a healthy person to move forward. They are experts in the process of the person being coached. Guided by the help of the Holy Spirit, the coachee sets the agenda and direction, explores possibilities, and discovers solutions.

Coaching is NOT Telling.

Coaching increases the chances of motivation and follow through more than any other method due to the person taking ownership of their agenda and plan of action.

- ❖ The #1 Practice of a growing Disciple
 - ▶ Persistent Faithfulness
- ❖ When people **OWN** their own journey, they walk it.

Dr. Ed Stetzer from the Billy Graham Center, Wheaton College

Coaching is NOT Telling.



Giving advice detracts from the person's autonomy.

When a coach gives advice, the coachee owns less of the solution.
Without this ownership there is less accountability.



Brain “offloads” while it is taking in advice.



The brain goes into neutral and the actual advice does not embed in the neocortex while the advice is being given.



As a consequence, ownership might happen later or not happen at all.

PRACTICAL APPLICATION



Modeling



Praying



**Listening -
Holy Spirit**

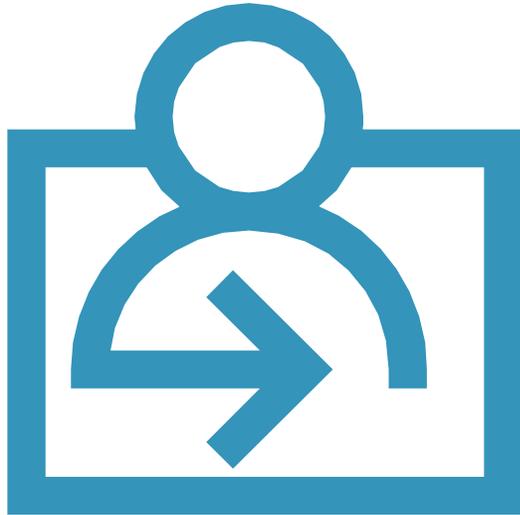


**Asking Spirit-
led Questions**



**Aligning with
Scripture**

Navigator Life & Leadership Coaching Certification



Attend Coach Camp

Experience 1 year of being coached

Grow as a Coach:

- Skills and Coaching Competencies with Mentor Coach
- Trainings - Online, Reading, & Workshops
- Triad Peer Coaching
- Coach Call Evaluations by Mentor Coach

For More Info: coaching@navigator.org

Breakout Discussion Groups

Question 1 - How do you determine whether to coach a person who comes to you in a state of brokenness?



Question 2 - As a Christian Coach, how can you incorporate scripture into your coaching conversation without telling?



Question 3 - What parts of growing as a Christian Coach are important to you?

REFLECTIONS

Main Take-Away #1

Main Take-Away #2

Main Take-Away #3