



Life and Leadership Coaching



# Taming the Tongue

## Ask, Don't Tell

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

**Tom Mabie**



# What is Coaching?

Coaching helps people get from where they are to where they want to be...

from their current reality to their intended future.



Q<sub>10</sub>

U<sub>4</sub>

E<sub>1</sub>

S<sub>2</sub>

T<sub>2</sub>

O<sub>10</sub>

N<sub>4</sub>

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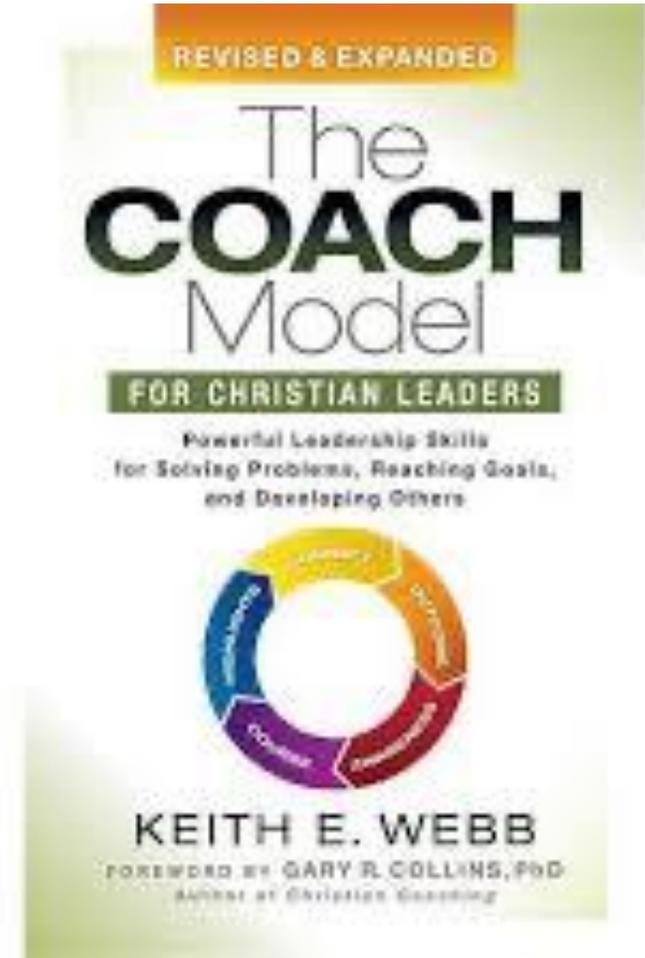


# Why all the Confusion?

# Coaching Develops Others

Coaching isn't about teaching someone what we know.

Coaching is about helping people to learn.



# What is Coaching? Definitions

Coaching is a...  
thought-provoking and creative partnership  
that inspires clients to maximize their  
personal and professional potential,  
often unlocking previously untapped sources  
of imagination, productivity, and leadership.

*International Coaching Federation*



# What is Coaching? Definitions

Coaching is a series of intentional conversations that empower a person or group to fully live out their calling.

*Keith Webb  
Creative Results Management*

# What is Coaching? Definitions

Coaching is practicing the disciplines of believing in people in order to empower them to change.

*Tony Stoltzfus  
Leadership Coaching:  
The Discipline, Skill and Heart  
of a Christian Coach*





## What is Coaching? Definitions

Coaching is unlocking a person's potential to maximize their growth.

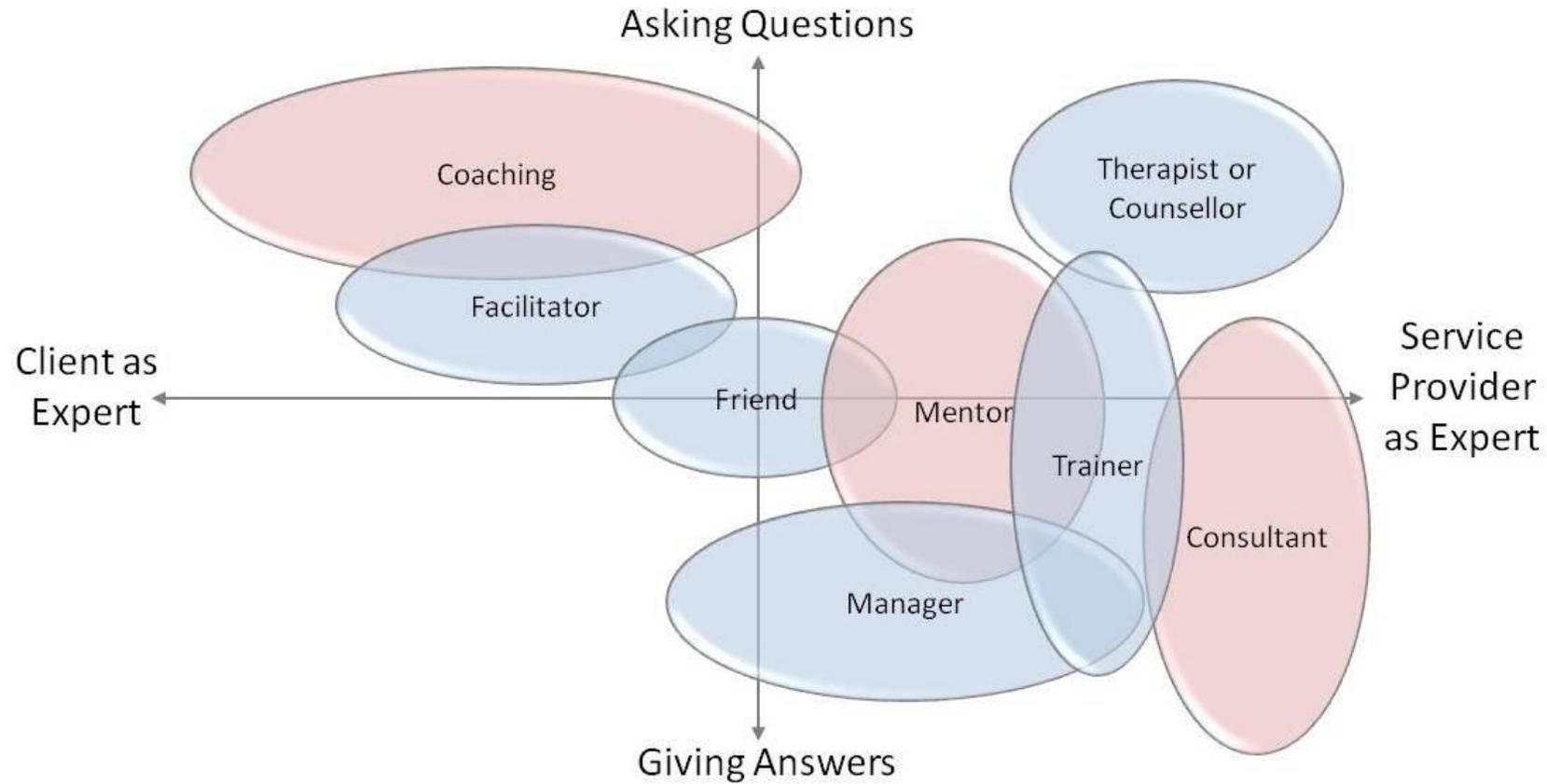
*Sir John Whitmore*

# What is Coaching? Definitions

Coaching is the art and practice of guiding a person or group from where they are toward the greater competence and fulfillment that they desire.

*Gary Collins  
Christian Coaching: Helping  
Others Turn Potential into Reality*

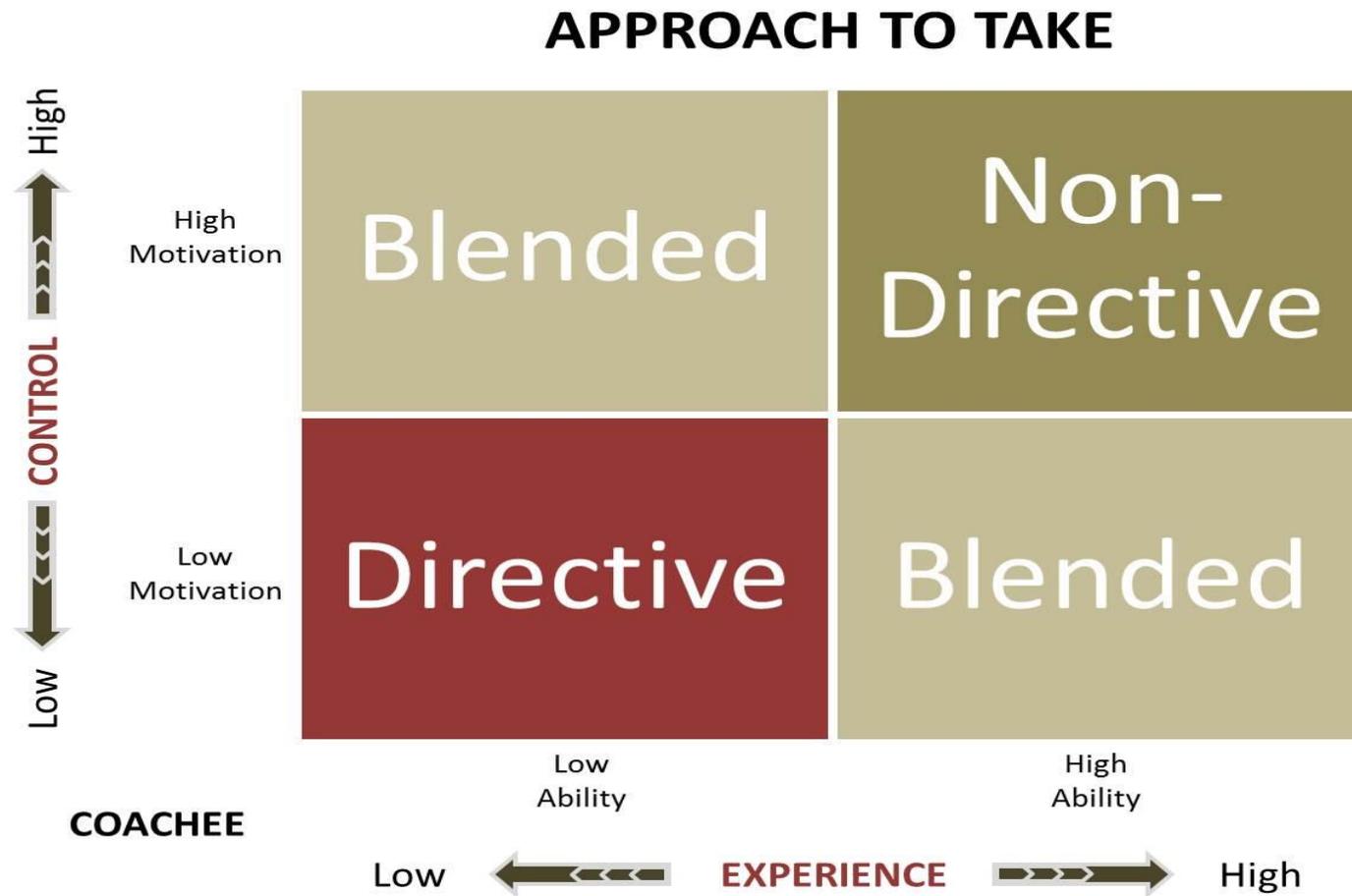




Adapted from "Getting Started in Personal and Executive Coaching",  
by Stephen Fairly, 2003.

# What's the Difference?

# Directive or Non-Directive Coaching - What's the Best Approach?



## Increase Your L.Q.

After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers.

Luke 2:46-47

# Taming the Tongue:

## *Listening*

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. ...Those who consider themselves religious and yet do not keep a tight rein on their tongues, deceive themselves and their religion is worthless.

James 1:19, 26

# Asking vs. Telling

Group 1 : List the disadvantages to telling.

Group 2: List the advantages to asking.

# The Listening Principle

80/20



Who can give us an example of the 80/20 rule?

# How to Listen Better



Group 1: Listen with your Mind



Group 2: Listen with your Body



Group 3: Listen with your Words



Group 4: Listen with your Intuition



Group 5: Listen with the Holy Spirit

# Listening Practice



In pairs, share around the topic,  
**“A decision I’ve got to make.”**



Focus on your listening skills.



Share/listen 4 minutes,  
then switch roles and repeat.

# Powerful Questions



**1. COACHEE OR  
ME?**



**2. FORWARD OR  
BACKWARD?**



**3. BUILDING OR  
CORRECTING?**

# Towards Powerful Questions

Are you happy with your ministry?



How do you feel about your ministry?



What about your ministry do you find most satisfying?



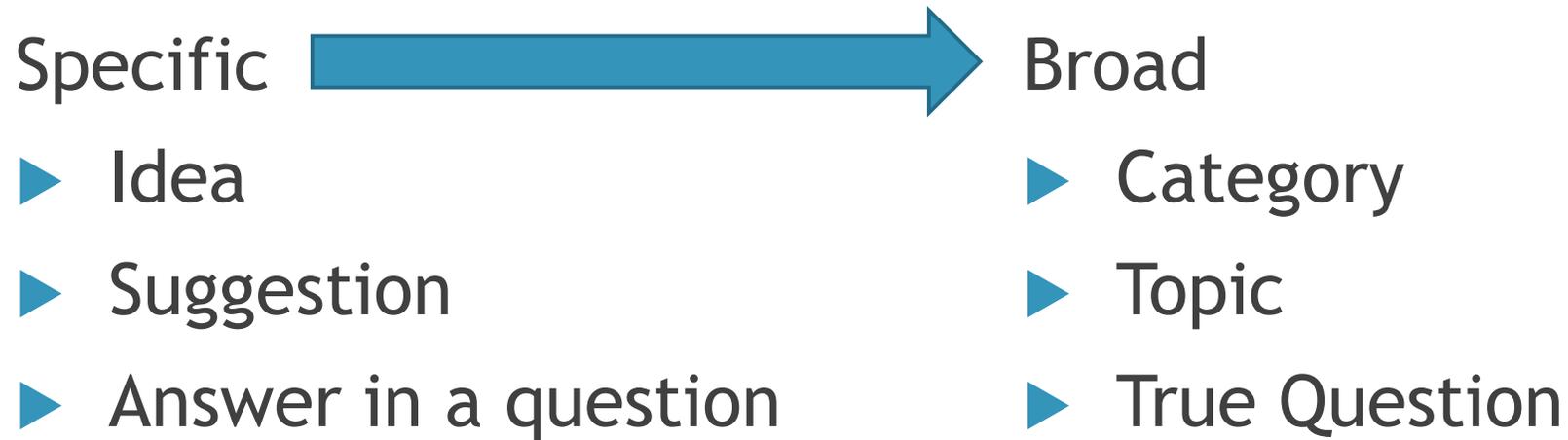
How does your ministry connect to God's calling in your life?



Why might it be that God directed you to this ministry?

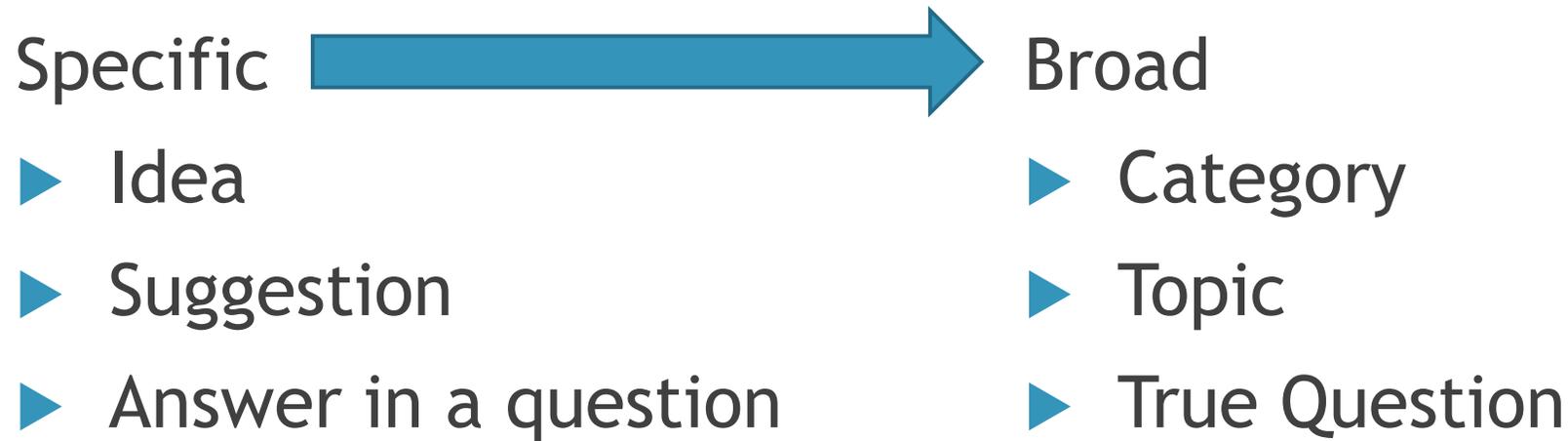
# My Idea -> Open Questions

Are you planning to **borrow** to do that?  
What are your plans to **pay for** that?



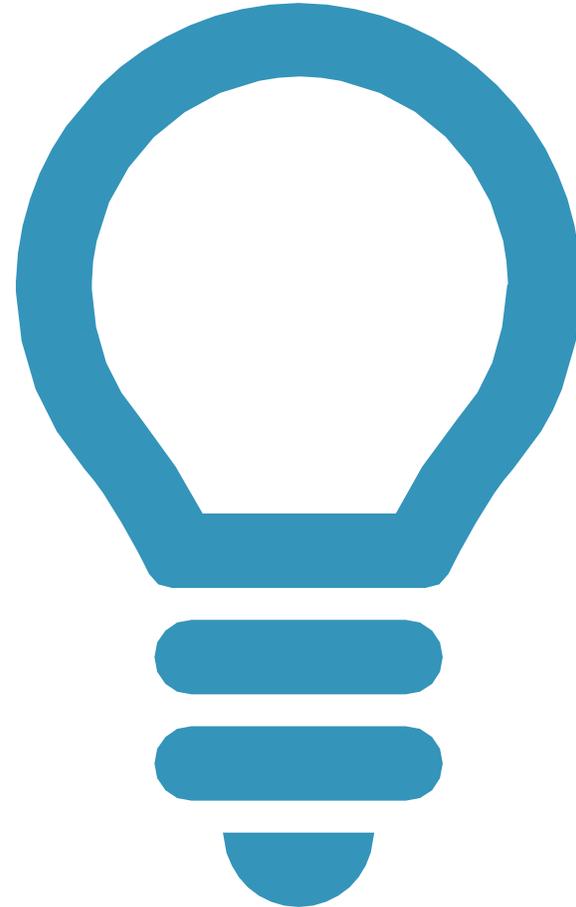
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What are your plans to **pay for** that?



# My Idea -> Open Questions

Create Open questions from My Idea questions.



# Highlight/Take Away