



Life and Leadership Coaching

# Advancing Coaching Skills and Coaching through Challenges



**Margaret  
Fitzwater**

“Consider it pure joy, my brothers and sisters,  
whenever you face trials . . .” James 1:2

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# Oswald Chambers

“God does not further our spiritual life in spite of our circumstances, but in and by our circumstances.”

We should probably get therapy  
for all of these issues  
we conceal with  
humour.



your  cards  
someecards.com

Go to the Preferences File, click on the pull-down menu, find the option that says "Nothing Works Right" and uncheck it.



TECH SUPPORT MADE EASY



**How to STOP  
EATING during  
Quarantine!!!  
Put on your  
swimsuit instead  
of your Pajamas.  
You're  
Welcome!!!**

**PLEASE**  
CANCEL MY SUBSCRIPTION  
**TO YOUR**  
**ISSUES**



## Romans 12:1-2

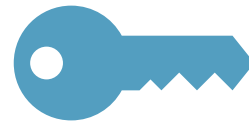
“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

## James 1:2-4

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”



Issues/barriers



Key principles



Sharing stories



**KEEP  
CALM  
AND  
BRING IT  
ON**

# External Barriers to Coaching



Difficult  
People



Distracting  
Life Events



No Clear  
Boundaries



No Evaluation  
from Others



Too Many  
Demands



Criticism from  
Others



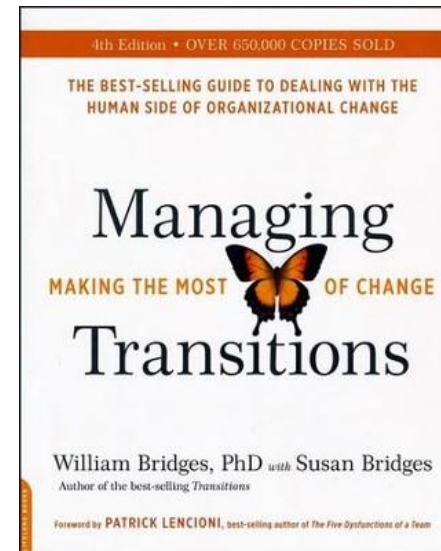
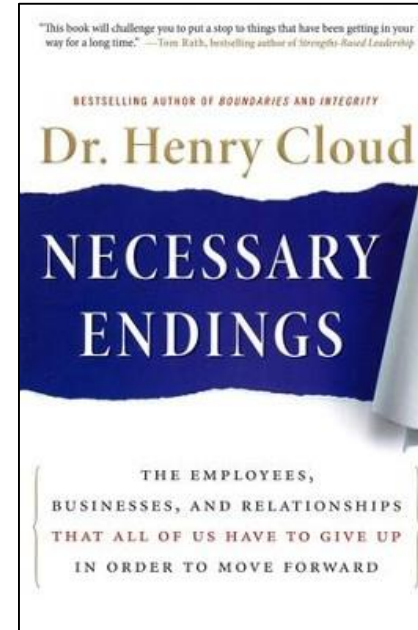
No  
Accountability



Energy  
Drainers

# Distracting Life Events

Coaching through transitions





# Distracting Life Events

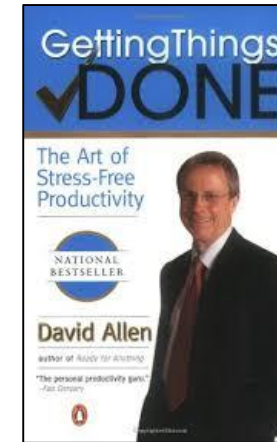
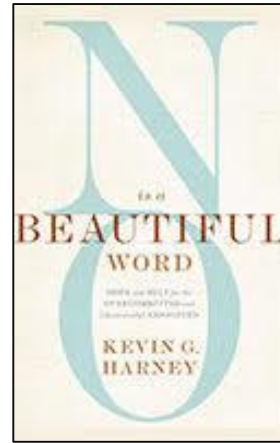
- Celebrate the good
- Acknowledge the bad
- Where is God in the ugly?

Being Jesus  
Under  
Satan's  
Yoke

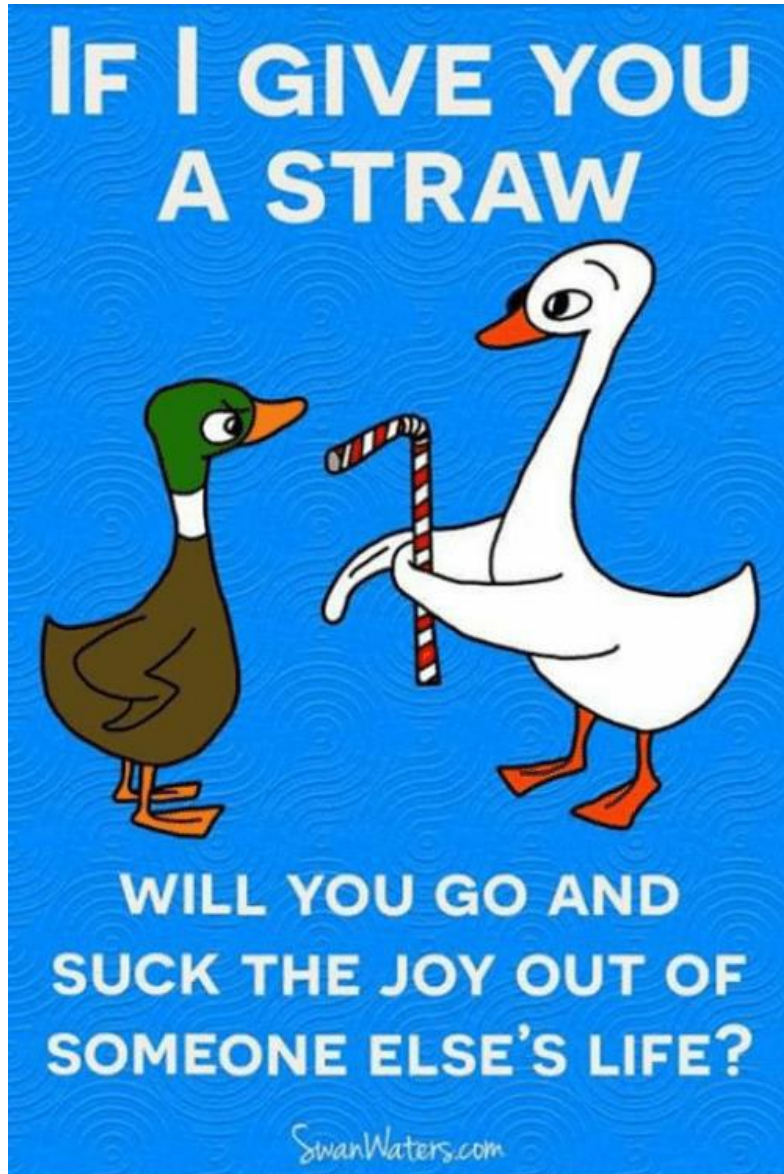


# Priority Management

- ▶ For each thing you say yes to, what will you say no to?
- ▶ What help do you need in order to get this done?
- ▶ What can you delegate and to whom?



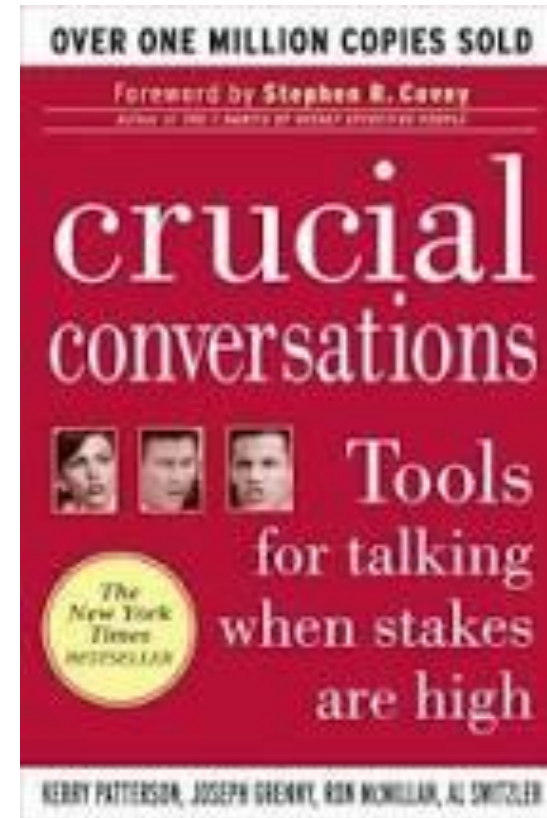
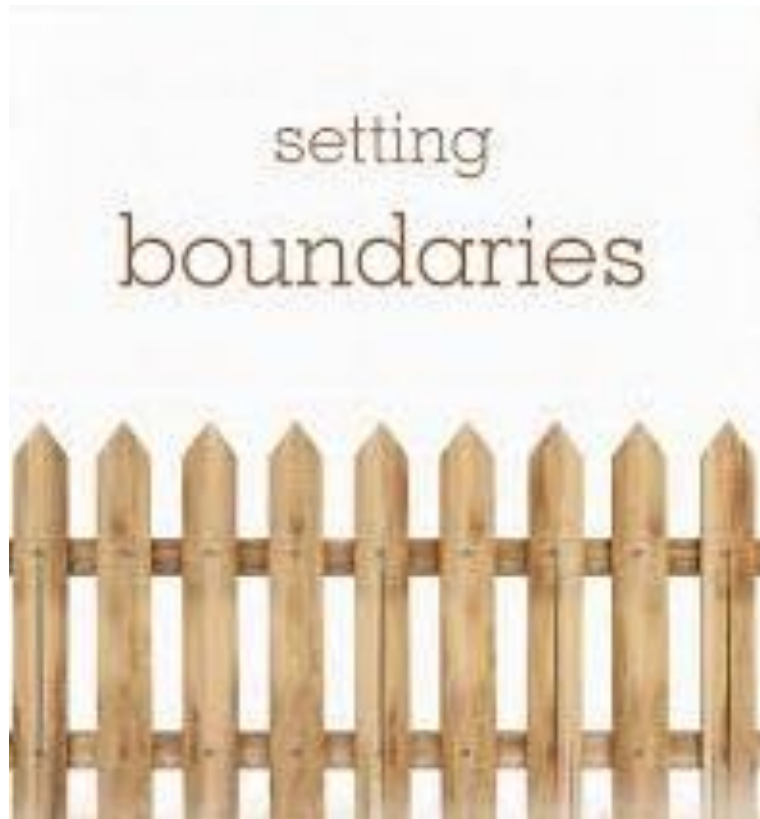
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Quiet Time				Quiet Time	Quiet Time
7:00	Quiet Time	Get Ready for Work			Friday Morning Bible Study	Quiet Time	Get Ready
7:30		Meetings/Mail/Maintenance					
8:00							Staff Prayer
8:30	Care & Share with SPOUSE	Message Review	PLANNING	Message Craft	Message Prep		SMALL GROUPS
9:00		Creative Session			Leadership, Coaching Time		
9:30		Coaching Projects	PRAYER	Projects			
10:00		Workout			Projects		AM SERVICE
10:30	Day Off Family				Lunch	DAY OFF	
11:00		Lunch/Contacts/Meetings					Lunch/Meetings
11:30		Leadership	READ	STAFF MEETINGS	Projects		Just Chill
Noon		Projects/Plan	Maintenance/Meetings	Projects			
12:30		Self Development	Replenish	College Project		FAMILY ACTIVITIES	
1:00		KIDS	Family Break	PLAYTIME/ KIDS			
1:30			Hang Time	Meetings			
2:00			Student Service		College		
2:30					Small Group		
3:00			Hang Time				
3:30	Exercise						
4:00	Plan Week						
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
	RELAX / SPEND TIME / SPOUSE						
	CHILL TIME						
	Health/Recreation		3 M's		3 M's	4 P's	Prayer
	Spiritual Growth		4 P's		Mail	Meetings	Planning
	Self-Development		Ministry Times		Maintenance		Prospecting
	Marriage & Family						Projects



What kind of boundaries do you have in place?

# Crucial Conversations

Have to set boundaries



## *Invest*

Diego

Steve

Debi

Chris

Brian

## *Impact*

Jack

Jim

Ed

Dee

Lee

Sue

Ken

Jamal

Nia

## *Influence*

Don

Van

Liz

Ken

MJ

Don

Jada

Kay

Tom

Lois

Eddie

Kim

Pedro

Mike

## *Ignore*

Don

Will

Jake

Mel

Dan

Moe

Larry

Curly

Shemp

Marty

Liz


Lucia

Bob

Mike

Iris





More  
external  
barriers

More  
external  
barriers



Criticism - Appropriate Response  
- Proverbs 15:1 - Reflect

# More external barriers



Criticism - Appropriate Response -  
Proverbs 15:1 - Reflect



No accountability - What kind of help  
did your accountability partner provide  
for that conversation? Isaiah 32:8

# More external barriers



Criticism - Appropriate Response -  
Proverbs 15:1 - Reflect



No accountability - What kind of help did  
your accountability partner provide for  
that conversation? Isaiah 32:8



Energy drainers - What gives you energy?  
What drains? What is this costing you in  
terms of time, dollars, peace of mind?



# Identity in Christ

## Zephaniah 4:17

“The LORD your God is with you,  
the Mighty Warrior who saves.  
He will take great delight in you;  
in his love he will no longer  
rebuke you, but will rejoice over  
you with singing...”

# Internal Barriers to Coaching

Habits

Negative  
Mindset

Fear,  
Insecurity

No  
Commitment,  
Ownership

Resistance to  
Change

Boredom

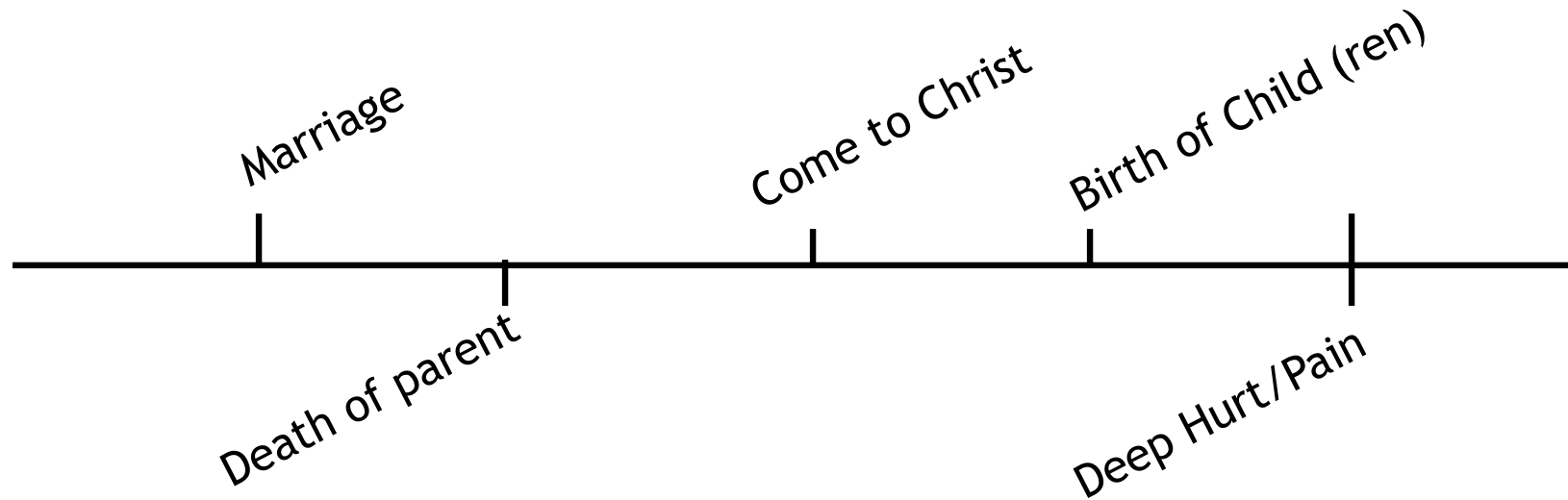
Impatience

Changed  
Goals

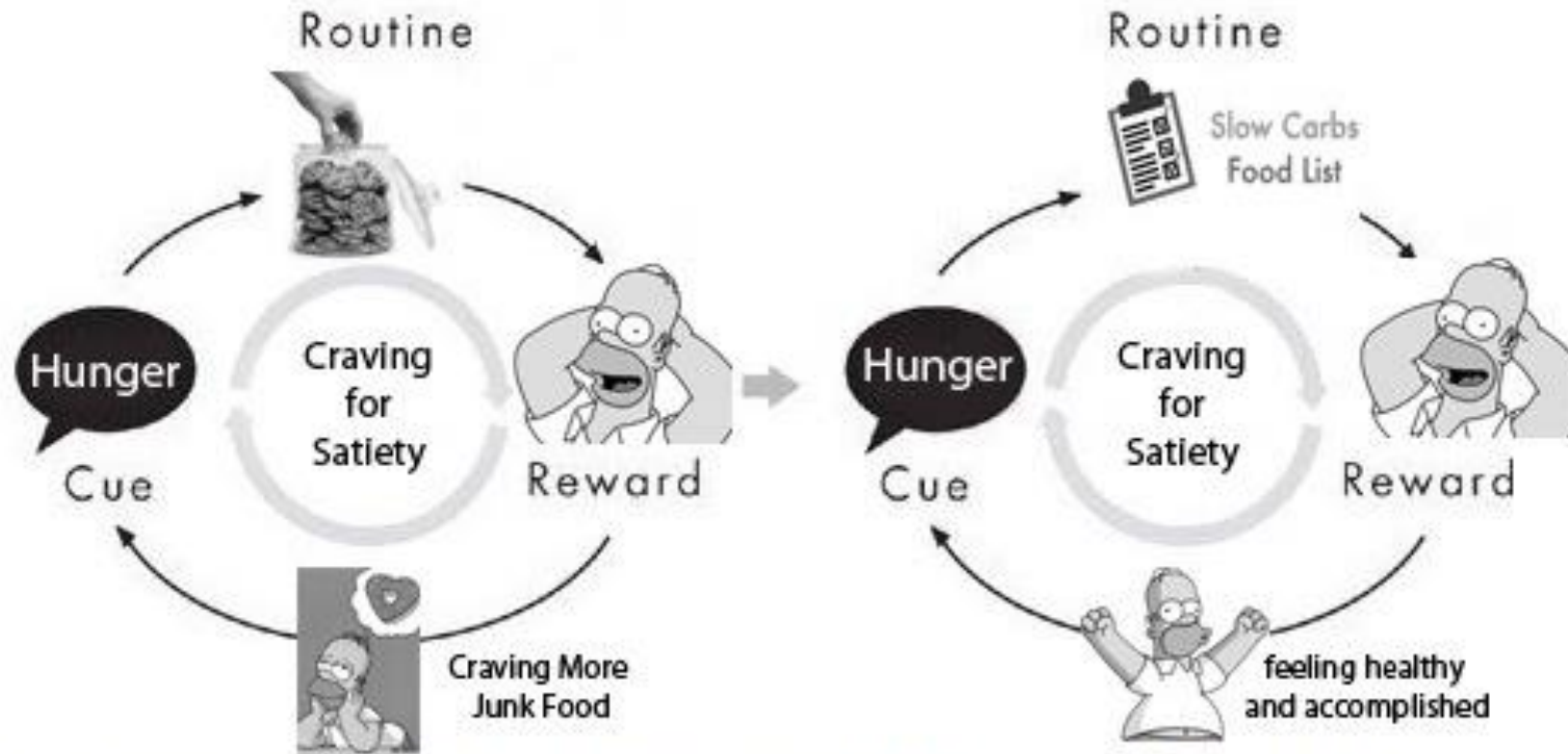
No Place for  
God

Get them into the Word!

# Timeline exercise



# The Golden Rule of Habit Change



HOW IT WORKS: USE THE SAME CUE. PROVIDE THE SAME REWARD. CHANGE THE ROUTINE.

You Can't Extinguish a Bad Habit,  
You Can Only Change It

# Stoltzfus visual language



## **Enter into the future, picture in your mind:**

How does it feel?

What does it look like?

What does a typical day look if your dreams came true?

What it would be like to have attained the goal?



## **Dreaming**

If you could dream any dream you could for the Kingdom and know you wouldn't fail, what would you do?

## Fear/Insecurities

Worst thing?

Challenge negative self-talk

Small positive steps

Philippians 4:6-7

# Other Internal Barriers



PERSONALITY TYPES -  
BLIND SPOTS, STRATEGIES



REMIND OF VISION/GOALS



GOAL VS. DREAM?

# Laser Statements and Blind- sightedness





# Reframing

“We don’t see things as  
they are...  
we see things as we are.”

The Talmud

# When the coach is an obstacle - Self management



LIFE  
MANAGEMENT



PRIORITY  
MANAGEMENT



COACHING  
ENVIRONMENT



AWARENESS OF  
BIG A AND LITTLE  
A AGENDA



FAILURE TO GROW  
AND CONTINUE TO  
LEARN

# General Principles

1. Prayer - 2 Chronicles 20:12

*“We don't know what to do,  
but our eyes are on you.”*

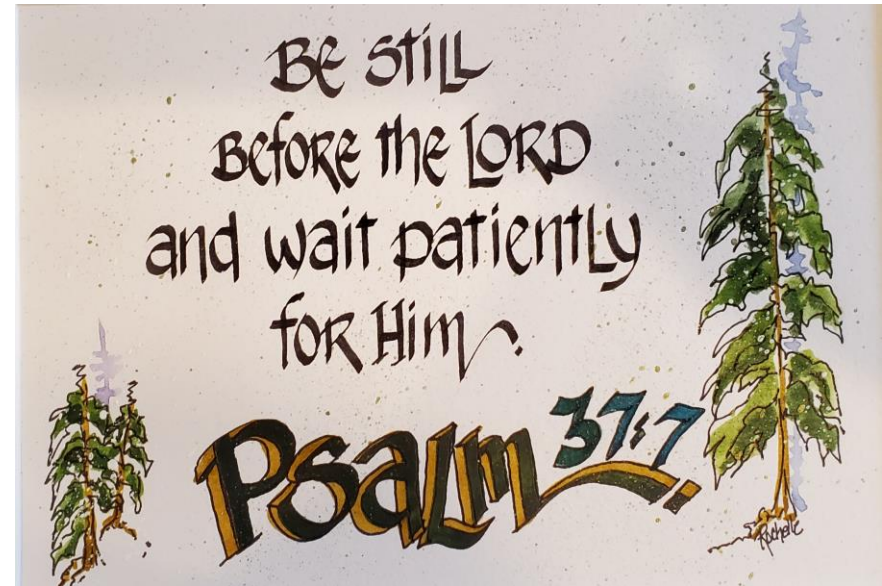
# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8

*“Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.”*

# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8
3. Patience - Psalm 37:7



# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8
3. Patience - Psalm 37:7
4. Perseverance - Galatians 6:9

*"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*

# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8
3. Patience - Psalm 37:7
4. Perseverance - Galatians 6:9
5. Promises - 2 Peter 1:4

*"And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires."*

# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8
3. Patience - Psalm 37:7
4. Perseverance - Galatians 6:9
5. Promises - 2 Peter 1:4
6. Pleasure - Nehemiah 8:10

*"The joy of the Lord is my strength."*

# General Principles

1. Prayer - 2 Chronicles 20:12
2. Person - 1 Thessalonians 2:8
3. Patience - Psalm 37:7
4. Perseverance - Galatians 6:9
5. Promises - 2 Peter 1:4
6. Pleasure - Nehemiah 8:10
7. Progress - Proverbs 3:5-6

*"Trust in the Lord with all  
your heart, and do not rely  
on your own understanding.  
In all your ways  
acknowledge him and He  
will direct your paths."*

# Break Outs



Share about an obstacle you've encountered in coaching and how you've handled it. What did you learn in going through it?



Or, what is an obstacle you are facing that you might share and ask for input in moving forward.



What is a favorite tool and/or resource for overcoming obstacles? Or, a favorite question to get people unstuck?

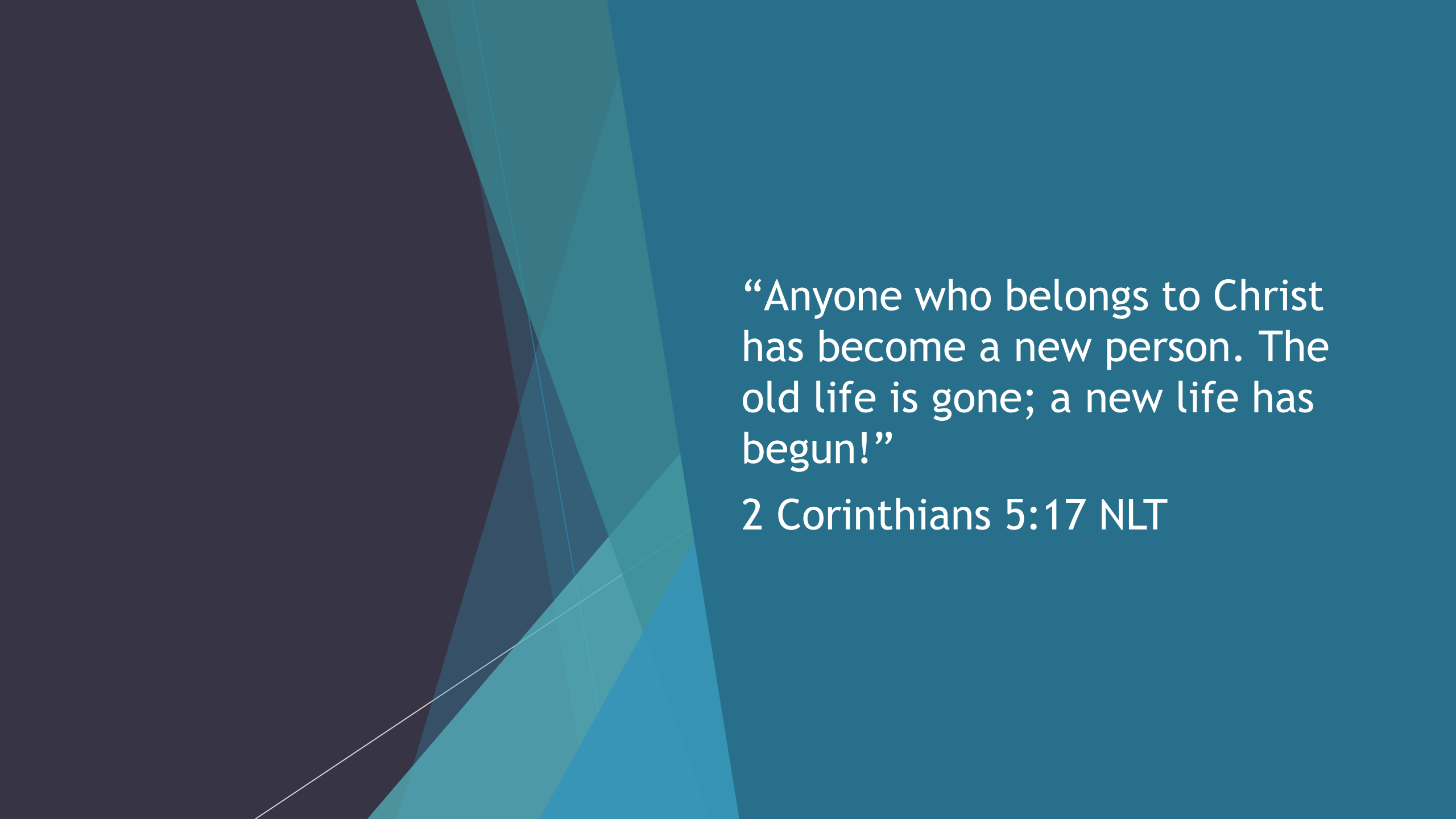


Choose one highlight to share with the entire big group.

“Change happens when the pain of staying the same is greater than the pain of change.”

Tony Robbins





“Anyone who belongs to Christ  
has become a new person. The  
old life is gone; a new life has  
begun!”

2 Corinthians 5:17 NLT