

Q. “What is Coaching and what does a Life Coach do?”

Definitions of a Coach

“Coaches are change experts who help Leaders take responsibility and act to maximize their own potential”

Coaching is like having a personal trainer for your mind.

Coaching is a dialogue, not a monologue.

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

*Mentoring is me pouring *my best* into you. Coaching is me drawing *your best* out of you.*

Q. “What is Transformational Life Coaching?”

A common form of coaching today is what could be called ‘performance coaching’ where a client picks an objective such as ‘I want to grow my church by 10%’ or ‘I want to double my sales in business’ and is coached to establish and complete a set of goals to reach the objective.

The problem with performance coaching is that it rarely makes room for important aspects of a Christian Leaders life , such as God’s specific call, the character and behavioural commands of scripture, and the inner work of God’s Spirit as an essential component of our life journey.

Transformational Life coaching places the character and relational issues in the same level of importance as the performance goals. It leads the client to better understand and embrace the inner motivations and work of grace as well as the outer directions and accomplishments.

Q. “Why does the Coaching method work so well?”

Here a couple of reasons why Coaching is so effective at helping Leaders grow and accomplish their goals can be summed up in one phrase:

➤ *Change is a ‘Team Sport’*

People often fail to change because they run out of energy. The reason we run out of energy is that we are not designed to overcome all these obstacles by ourselves. Changing a habit, or way of life, takes courage and commitment. Most of all it takes consistency. And right when you are starting to make progress, life comes along and throws you a curve ball. These are the times when we are most likely to revert to our old familiar ways.

No individual can fulfill the call of God on their life without the involvement of other people. It is extremely difficult to acquire sufficient perspective all by ourselves when making important decisions about life direction and purpose. We need support, encouragement and accountability (S.E.A.) to function at our full capacity.

➤ *Coaches always work at the place you WANT to change*

The coaching relationship is intentional, not a causal friendship. Coaching is effective because coaches are always working at the point where the client is most teachable: the place where he or she wants to change. The coaching conversation is focused upon the client's goals.

➤ *Coaching invites the counsel of the Holy Spirit*

Coaches believe that God is already speaking to every client - and that the Holy Spirit in YOU is ultimately the best source for your solutions. The coach does not prescribe solutions for the client. Rather, he asks expert questions that help to bring understanding and clarity as to what the indwelling Spirit of God is saying to the client.

During coaching conversations, the Holy Spirit will often reveal creative solutions to the client, for removing both the inner as well as the outer obstacles that stand in the way of personal growth or accomplishing a vision for ministry.

Q. What is your (Terry) training in this field?

My Personal training and commitment.

Over the past 10 years, I have worked with more than 70 pastors and Christian leaders, often walking with them during times of difficult decision-making or transition. By adding the coaching methodology to my consulting role, I am finding a noticeable increase in results and effectiveness. My main clientele are Pastors facing personal growth and leadership challenges.

I have currently completed Levels one and Two of transformational Life Coaching with Coach Trainer and author . Tony has written curriculum for coaching courses and authored several books on the subject, some of which have become textbooks for professional coaching courses. Tony is recognized as one of the leading experts today in the field. Tony is a dedicated Christian who is able to apply a full range of established coaching techniques in the context of ministry leadership. I have also received personal coaching/ training from Tony.

I consider a coaching relationship to be a pastoral function in my life. It is often a vehicle for me to be a Pastor to Pastors. I am committed to the personal growth of every client offering not only coaching sessions but prayer support between sessions and references for other kinds of support and help as the needs arise.

