

Capstone Essay

LFCH 101 Introduction to Christian Life Coaching

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Christian Life Coaching is becoming so much more popular because people are more at ease with going to them. People feel as though they are the ones in control when they go and see a life coach verses seeing a counselor. With coaching the client is the one deciding the direction that they want to go and the role of the coach is to make sure and walk and guide them in that direction as long as it is a good choice. If not, the coach can suggest another route to be taken. As the module states, "A good coach will take their client from where they are to where they want to be". Each one of us has our own story and with that they make us stronger for the choices of coaching we seek. It is who we are and makes us who we want to be. This is the most important thing to know when seeking a Christian Coaching career. If you are not one with yourself then you are not ready for the coaching career yet. One must be healthy and whole in order to give their client 100%.

As a Christian Life Coach it is very important to know the boundaries of the coach. One must be able to know how far they can go with the client and what they are able to do for their client. As a Christian Life Coach I am learning that there are some people that I cannot help because the problems are greater than what I am equipped to help them with and knowing that it is my responsibility as a Christian Life Coach to let the client know and refer them to someone else. This is something that you learn as you being to work with people, you have to be able to understand that there are some people that you cannot help and that you have to move forward. I have a strong compassion to help others yet when I know that it is more than I am able to help with I must be strong and let the client know that I must refer them to someone else that is better at dealing with their issue. This is never easy because you sometimes feel that you have failed the client, although it is better to pass them on and pray they get the help that they seek.

The principles of Trust are something near and dear to me. Without trust you have nothing. It is of the most importance that when you are helping someone else with their problems that they gain your trust. Trust is something that affects every area of your life like the module states. Without trust you have no way of being able to run a good Coaching facility because you will not have the clients to do it with. When entering into a relationship with your client you must be able to trust that your client is being truthful, because if they are not it is not helping you help them. I am one to always have something to tell about myself when I start a session to allow the client to know that they are not alone in the struggle that they are having and with this it allows for the trust and bonding to begin because I am trusting them with my own stories just like they are trusting me with there's.

What is your niche? Every coach comes to this road in their learning deciding which type of coaching they are going to do. There are many different types of coaching styles out there. I personally am drawn toward Christian Life Coaching with emphasis on Anger, Domestic Violence, Parenting and Marriage. I am currently assisting a great group of people with problems such as these currently. I find great joy when I arrive and everyone is eager to talk about there week and what road blocks they have encountered since our last meetings. I mainly do group which allows for everyone to be a shoulder for someone else. As we are discussing our problems someone else has endured the something and they tell how they overcame it allowing the class to see that there is always light at the end of the tunnel. I honestly have to say I really enjoy classes like this because it allows for others to see that they are not alone in their struggles and what works for one may not be exactly what the other needs but yet it gives them a direction in which to travel.

With anything that we do in life there is always going to be changes. As a Christian Life Coach it is your responsibility to keep up with all of the changes that are happening. A good life coach is always training for something new. This is a lifelong learning career. And you are responsible for keeping up. It is of the most importance that you as a life coach have your own coach to help you with your daily life struggles to because if you are not in perfect spiritual health you are not being fair to your clients. They are there to see you and get your guidance and shoulder to lean on when they are at the bottom of their barrel. And if you are not on your game you are not being fair to them. Always stay one step ahead of your client in the path that they are going. Be prepared for the next hurdle that they may endure so that you are able to guide them. With anything that you do in life you must always strive to be the best that you can possible be and with the proper education and a great life coach standing behind you, you can achieve anything that you so desire as long as you maintain a good spiritual life and connection with our Lord and Savior Jesus Christ, Matthew 19:26 “But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” The verse to live and love by, God is the one that makes this all possible for me and for that I am grateful!