

Capstone Essay

Roxanne Larson

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Module One

In our first module, under Advanced Coaching Techniques, Georgia Shaffer discusses four common Blindspots and Breakthroughs. Daniel Goldman is quoted as saying; “A blind spot is an appropriate metaphor for our failure to see things as they are in actuality. We fail to see what it is we do not see that cause intelligent people to do stupid things.” (Light University Online, p.24) Mental blindspots are in essence just like visual blindspots. It’s usually the people closest to us who see our mental blindspots that go unnoticed by us.

I chose to highlight Blindspots and Breakthroughs because it caused me to do some introspection into the blindspots that I possess and how to break free from them. I can identify with focusing on a few details while missing the big picture. Because I have often had a warped perspective of myself and have wasted precious time and energy entertaining lies, I want to help encourage and point others to the truth. By lovingly using and applying the techniques I learned from this material, I could assist my clients in having major breakthroughs from their own personal blindspots.

If I am coaching a client who has a similar blindspot such as mine, I would strive to provide a different perspective to them. My goal in doing this would be to help the client look at the whole picture instead of only focusing on a few details. I would then incorporate the 3 H’s Technique. The first H represents the Heart. I would ask my client how they feel about the specific topic or challenge that they’re facing. The second H stands for Head. I would want to discuss their core values. I would ask questions such as: “What defines you as a person?” “What drives you?” The final and last H represents The Holy Spirit. I would inquire from my client about their relationship with Christ. Have they sought God’s counsel concerning this matter with scripture and prayer? After gaining information and insight about their feelings and values I would be able

to conclude if their heart and head were in balance. If the client's feelings and values are aligned then it would be time to seek the counsel of The Holy Spirit. I would end this session with prayer and assure them that I would continue to be praying for them in this area. I also would assign them the book " Lies Women Believe" by Nancy DeMoss Wolgemuth to further our discussion and help to move my client forward.

Module Two

Is anyone immune to wanting greater happiness, greater fulfillment and a greater sense of well being? Counselors, Christian counselors, and coaches are finding that integrating some 'Positive Psychology' methods are helping to prevent anxiety and depression that plague so many in our society. Positive Psychology focuses on what is right with me rather than what is wrong with me. Positive Psychology is not focused on correcting weakness and damage, instead it is used to build on strengths and virtue.

When first hearing about positive psychology some years ago, I have to admit I was skeptical because of the way it was being used in the New Age movement. Since studying it through this course I have gained a new appreciation for its theory. Many of its principals mirror biblical teaching such as having hope for the future, a gratitude for the past and present and also it stresses the importance of thinking good, healthy thoughts which line up with Philippians 4:8.

I wanted to highlight positive psychology for these reasons. I also wanted to highlight the benefits of it because my grandma, who recently passed away, lived these principals everyday. She displayed such a happy and contented spirit because she chose to focus on the positive over the negative and was so full of gratitude. Even when she was homebound and unable to walk she was joyful.

I want to present a fictitious "real world" situation using Positive Psychology. Let's say that I have a client who isn't feeling fulfilled in life and is wondering what her purpose is. Opening with prayer, I would want to instill within her the fact that she has been created in the image of God with unique talents and abilities. I would then have her take some assessments such as the Strengths Finder, the S.H.A.P.E assessment or the VIA Character Strengths and Virtues. After identifying my client's spiritual gifts and strengths we would then dialogue about

ways that she could use her gifts to help others and ultimately bring glory to God. I would co-create an action plan for the week allowing her to apply her strengths and talents in the creative activities she agreed to participate in. In closing, I would provide accountability by emailing or texting my client to help her move toward the steps being taken forward to finding a more purposeful life.

Module Three

What really resonated with me in module three was the lecture focusing on coaching women. Being that God has already given me a platform to implement Life Coaching at our local Pregnancy Resource Center, I already know that my clientele will generally be women.

During the lecture, the panel of ladies talked about the challenges that most women face. The challenge I want to highlight is that women get focused on the wrong information making it the norm. I recently listened to a sermon by David Chadwick called; "Beware of the Snare to Compare." His sermon correlated very well concerning this particular struggle. We as women can focus too long and hard at our flaws and imperfections making it impossible to achieve the perfection of a photoshopped magazine model or whoever we are comparing ourself to. We end up comparing our insides to someone else's outside. I chose this topic because of the ability to relate to this challenge and I have much empathy and compassion for those whose struggle is the same.

If I was coaching a woman who was living in the temptation of comparison I would first dialogue realistic expectations versus unrealistic expectations with her. I would also inquire about her relationships with others. Perhaps she maybe spending time with people who are discouraging her rather than being encouraging. During this time I would address self-esteem issues and possible voices from her past that impacted her negatively. In closing our session I would use scripture and prayer to help her recognize that she is created by God, special and unique with the end goal being that she would believe it as truth.

Module Four

The technique of Laser Coaching discussed in Module Four was very appealing to me. The concept of Laser Coaching is very intentional and concise in its format but comes across to the client as a very natural conversation. I would describe it as a client-focused but a coach-driven process. Because Laser Coaching is limited on time preparation on the coach's end is extremely crucial. This technique only works if a relationship with a client has already been established. As a coach I would study the notes taken from previous sessions and establish a biblical framework that I would want to base my next client session on. Upon meeting with my client I would have those notes readily available to me so that I could clarify their previous thoughts on topics and issues and validate any assumptions. Again preparation is required on my part before the session so that I can develop specific and concise questions and illustrations for my client that correlates with their topics and issues of discussion.

At the conclusion of our session I would assign applicable homework to be done along with creative accountability for my client and setting S.M.A.R.T goals.

Module Five

Dwight Bain consistently has very creative visual aids. In his lecture of Developing a Personal Strategic Action Plan he came through again using a toy rocket to illustrate his strategies. Like the particular rocket he used as an example has five engines to help boost the rocket into orbit so does each of the five strategies in helping build a personal strategic action plan. His Coaching Strategy #2 Paper = Power was very impractical to me. Paper = Power is a written form of accountability. I like the quote under the description for this video. "The weakest ink is better than the strongest memory" (Light University Online, p.3) I chose this strategy because of the importance of staying organized and relevant to my clients. When Mr. Bain was introducing his second coaching strategy of Paper = Power he was holding a basketball pump to demonstrate that as a coach we need to essentially pump up our clients with encouragement. I believe that anyone going into the coaching field needs to have the gift of exhortation to be able to walk along side of our clients and give them the encouragement that they need. I love encouraging others. By using a legal pad and pen I can document the clients personal problems, challenges and pressures. As I review their personal file I can then hold them accountable while encouraging their steps forward at the same time.

Upon meeting with my client I would start with a blank sheet of paper; this would be my client's confidential action plan. My contact information would be on this sheet along with the current dates for accountability. I would start out this session with encouragement and praise for any successes they had made since their last appointment. I would then ask them to bring me up to date with how they're doing and ask about current pressing problems or challenges. I would also ask some insightful questions such as how are they doing spiritually, emotionally and physically. As my client is catching me up on their answers to the questions I will be taking

copious notes to keep in their file for future sessions. By keeping these records and fine tuning the details this proves of great value for accountability and shows the client I care. I would end the session with prayer and more encouragement, even if they feel like they have had some failures.