Capstone Essay
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LFCH 101
Professional Life Coaching 101
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Introduction

This course is designed to build a foundation of understanding of life coaching from a fundamentally Christian perspective. The five modules in Professional Life Coaching 101 outline aspects of Christian coaching**,** including coaching theories, ethics, practice, skills, various coaching specialties, and best business practices. In each module, an idea will be highlighted. The highlighted idea will be defined, brief explanation as to why it has been selected and application of how it could be used in a real-world situation.

Module 1

There is power uniquely given to those who apply spiritual and scriptural foundation to life Coaching. In Christian coaching, we invite the Triune into this process. The Bible provides foundation of understanding the qualities of living a good life and Jesus is our ultimate example as a coach. He is uniquely was qualified to ask questions or tell stories, but rarely did he give advice or tell someone what to do. If we look to the Bible as an example, there are four themes that are fundamental to Christian coaching. These are focus, balance, productivity and fulfillment.

Our focus should be the Trinity, as we are walking forward in all circumstance. In the story of Martha and Mary, Jesus speaks about balance in looking at Martha's work although important it was equally important to sit with Jesus and not be caught up in bitterness. This highlights the balance in work, spiritual and social elements in our life as all equally important. Productivity is moving in a forward motion based on goal or challenge. Bartimaeus in the bible called out to Jesus even when told to be quiet, he told Jesus what he wanted to happen and then he followed Jesus. These are all active steps of movement towards his goal of being able to see. Fulfillment is living a life utilizing the gifts of God and living abundantly in His glory. This is not worldly success and happiness but living to God's purpose. In John 10:10 it is addressed that the things of this world or the enemy do not give life to the fullest. Fulfillment is given through God's purpose, grace and love providing opportunity for a life well lived.

This concept is the fundamental application of principals in Life Coaching. It is real life application of the bible. These are reasons why I have been called to Christian coaching. I want to be a light to those that feel they are in darkness and reassure them of where true hope lies, God. In next four modules one of the fundamental concepts will be highlighted. This will

provide a deeper exploration into the fundamental concepts by exploring an idea that was taught in that module. In addition, there will be a brief application of this concept and idea of what it looks like to use it in actively coaching a client.

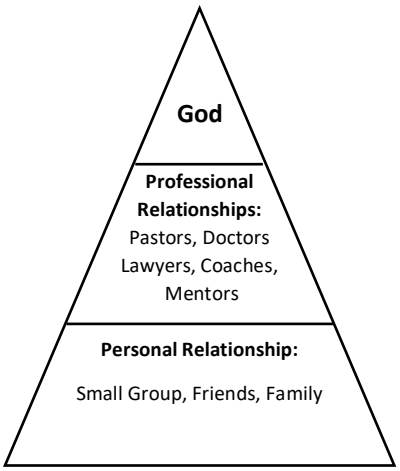
Module 2

Focus is important when we want to move forward in any situation. The story given as an example in the bible of focus was Jesus and the Samaritan woman at the well. Jesus was incredible at giving an example of what a **S.M.A.R.T** goals would look like. Jesus had a **S**pecific goal in mind when he started the interaction with the Samaritan woman. He wanted to reach more than just the Jews with the message of His purpose on earth. He knew if he could reach the Samaritans who were the enemies of the Jews this would further the understanding of God's love to all people. This goal had a **M**easurable outcome by those who came to believe in Him and his mission for being on earth. Jesus had the capacity to make any goal **A**ttainable. In this case, Jesus knew this woman was special. She was intelligent, broken, bold and so many other gifts given by the Lord. She allowed His message to be heard to the Samaritans and for them to gain interest based on the things He revealed to the Samaritan woman. This goal was **R**elevant because it was part of His bigger plan to reconcile all human beings with God. This interaction allowed Him to spend two days with the Samaritans and further build his followers with gentiles. Jesus knew His time on earth was limited and that **T**ime needed to be utilized in every circumstance. He used this time after His baptism to take bold steps to further the kingdom of God.

A S.M.A.R.T goal is a tool that allows a coach to give their client short term goals that can provide vision, action and accountability. In thinking about grief coaching, this might look like setting a goal for a client that wants to start going through items of the person that died. It would be setting a specific goal of emptying the closet. It is measurable goal and very specific. In working with a client, it would be helpful to understand ways to make this goal attainable. This would be exploring roadblocks that might prevent this from happening. It could involve brainstorming through ideas of where these items could go, who could help with the process and what are fears around this goal. It would be important to understand if this is a realistic goal based on their stage of grief. Once this goal has a completion date set, this becomes a tool for accountability for the coach. If the time target isn't to be completed by the next session, then it

is an item to check the progress as an accountability step. This is an amazing tool that can be utilized in so many ways and provides a clear outline to your clients on what steps to take to move forward.

Module 3

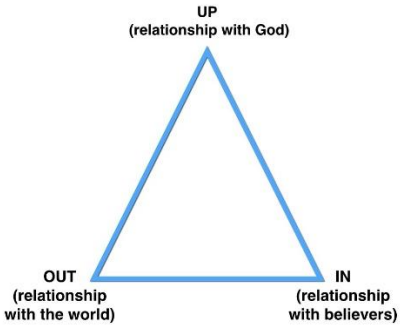


Balance is the second fundamental element of Christian coaching. Dwight Bains speaks about the pyramid of accountability; it is illustrated in the diagram above. In thinking about balance, it is key to have accountability. The pyramid or triangle shape is to have three equal sides and represents balance. This triangle outlines how different types of relationships are the key to a successful life. As a coach, you are a key relationship of accountability in this pyramid. It is important to make sure your client is balanced in their accountability areas. In module 1 the discussion around balance was on different areas of your life including wisdom, physical, social and spiritual. In Proverbs 27:17 (NIV), *As iron sharpens iron, so one person sharpens another.* This is the role of a Christian coach. We are to sharpen our clients in these areas but specifically in our relationship with God. When your client is feeling out of balance, one of the ways you can build into them is concentrating on their relationship with God. The concept of UP, IN and OUT is a tool to help look at your relationship with God.

UP, IN and OUT

In our Huddle Training (Crossroads Church, 2017) through Crossroads Church, we were taught the concept of UP, IN and OUT. This is represented as a triangle, symbolizing the balance of

being a Christian (as seen below). If your client is feeling out of balance, it might be that they are concentrating too much on one of these elements. Taking the action steps to spend time in UP would involve coaching client to work on specific spiritual disciplines. This could include worship, journaling, reading passages, prayer or many other areas that might speak to the person you are coaching. It is key to use the triangle to evaluate where your client is and then create SMART goals around that area they need to grow.



Module 4

Productivity happens when we use our experience to glorify God. This module it is discussed the idea of finding your coaching niche. The experiences you have lived through are some of the best places to help others. It has been repeated in this course that you can't take someone where you haven't been. This is a chance to allow God to work through your experiences. In Romans 8: 28, it speaks about giving all things to God for His purpose and He will make them good. This is the act of finding your niche and allowing God to use your gifts and experiences to His glory.

In my life, my Dad passed away when I was eighteen years of age and I didn't have any concept of how to grieve in a healthy way. Instead I spent years avoiding intense feelings and finding things that replace or bury them. In this experience I personally learned what it looks like to grieve in an unhealthy way. Later in life I was given the tools to grieve in a positive way. Productivity happens when your client is ready to allow God to work in their life. In this experience, I wasn't moving forward until I learned to take steps to accept my grief and process through it. As a coach we can use our gifts, experience, spiritual guidance and coaching training to speak into our clients in a way that we allow God to be glorified.

Module 5

Fulfillment is achieved in living in God. In John 10:10 it talks about the enemy stealing our life. In the exercise of surrender walk, it is a powerful tool to take things from the enemy and return them to God. The surrender walk is describe as taking stones and labeling them with things you want or need to surrender to God. This is a tool to empowering your client to release a burden, action, sin, or anything that is holding them back or separating them from God. It is a simple act of putting a label on the rock and then releasing it to God. In thinking of taking this exercise to the next step, it would be important to fill this void with God's truth. As Christian it is important to understand when we take something away, it needs to be filled with God's truth so they aren't filled with more lies that steal life. This is the act of repentance and God grants us full life in our letting go of untruth.

In thinking about coaching a client through grieving, it is important to surrender things. If my client was feeling weakness due to crying, it would be helping them identify that it is weakness they are feeling. In helping them define what crying allows them to process, it might be redefined it as a strength. I would give them two rocks, one to write weakness and the other strength. I would ask them to reflect on these two rocks and consider releasing the weakness rock into a body of water. A stream, pond, bucket it is just about allowing it to be surrendered to God. He can carry it and make it new. The new identity is that tears show strength. This can further be defined as strength in love, feeling and emotion. It is not weakness. This is walking in the fulfilment of God and living in His fullness. It is the act of replacing lies with truth.

Conclusion

The tools we have learned in the course have given action steps and concepts to apply to coaching. It has been foundational in understanding the differences in Christian life coaching. The fundamental idea of working with your client on focus, balance, productivity and fulfillment are active steps that can be applied in different ways and circumstances. They are areas to encourage your client to explore and allow God to step into these areas leading to growth. As Christians we are walking towards God and each step is a step of growth. As a coach we get to be a vehicle to help with these steps. This is an amazing calling and I am honored to be called to this work.

References

Crossroads Church. *Huddle Guide*. https://s3.amazonaws.com/crds-cms-uploads/groupresources/pdf/HuddleGuide-Digital-3.pdf Cincinnati, Ohio