

Christian Coaching

Chapter 1

- 1) According to Collins, what is a coach?

Coaching is the art and practice of enabling individuals and groups to move from where they are to where they want to be.

- 2) Discuss how coaching differ from counseling?

Difference Coach vs. Counseling

Coaching

- Positive Psychology
- Focuses on finding fulfillment, enhanced performance, team building, vision casting, career growth, and reaching one's goals and dreams
- Enables people to reach their goals
- Focuses on the present and future, possibilities, reaching goals, getting unstuck, and turning dreams into reality
- The coach and client are co-equals who work together to bring change.
- The best coach is done by people with training in such coaching skills as listening, questions, and encouraging

Counseling

- Negative Psychology
- Focuses on problems, dealing with conflicts, insecurities, spiritual struggles, and emotional issues such as depression, anxiety and anger
- Fixes what is wrong
- Focuses on the causes of problems that arise from the past and on bringing healing and stability
- The counselor is the expert who treats patients, provides healing and directs
- Usually done by people with expertise in psychology, psychopathology and therapeutic skills

- 3) What one thing do coaches avoid doing when coaching an individual?

Coaching does not involve making a diagnosis or giving advice.

- 4) What is the major difference between coaching and mentoring?

Coaching is helping people learn instead of teaching them.

Mentoring is teaching a person, letting him or her draw from mentor or learn from mentor's experience.

- 5) Define following words according to P. Williams and D. Menendez:

Counseling:

Counseling or therapy deals mostly with a person's past and trauma and seeks healing

Consulting:

Consulting deals mostly with problems and seeks to provide information, expertise, advice, strategies, and methodologies to solve them.

Mentoring:

Mentoring deals mostly with succession training and seeks to help someone do what the mentor does.

Coaching:

Coaching deals mostly with a person's present and seeks to guide him or her into a more desirable future.

- 6) Give the difference between coaching and Christian coaching.

Coaching is the art and practice of enabling individuals and groups to move from where they are to where **they** want to be.

Christian coaching is the art and practice of enabling individuals and groups to move from where they are to where **God** wants them to be.

Chapter 2

- 1) Name the four ways most learning occurs:

- 1) **From Instruction**
- 2) **Observing Others**
- 3) **Knowing Ourselves**
- 4) **Experience**

- 2) Provide the marks of a great coach according to Collins:

The Best Coaches Are:

- **Aware of their values**
- **Growing in self-awareness**
- **Always learning**
- **Forward-looking**
- **Realistically optimistic**
- **Enthusiastic about change**
- **Action Oriented**
- **Flexible**
- **Courageous enough to be forthright**
- **Sensitive to people**

- **Genuinely caring**
- **Trustworthy and respected**
- **Committed to evaluating and improving their performance as coaches**

3) Name 3 things that coaching involves according to Blanchard, Hybels and Hodges.

4)

5) **Coaching involves observing your people's performance, praising progress, and redirecting efforts that are off base.**

6)

7)

8) Give the qualities of an effective coach.

9)

10) **Effective Coach:**

- **Know themselves**
- **Sensitive to people**
- **Believe in people**
- **Have synergy with the people they coach**
- **Are flexible**
- **Are driven by firm convictions**
- **Are psychologically astute**
- **Are leaders**

11)

12)

13)

- 14) Name 11 ways in which coaching is about action:
- 15) **1) Coaches guide Christians and others in their spiritual journeys.**
- 16) **2) Coaches walk with people through life transitions and other change.**
- 17) **3) Coaches build skills.**
- 18) **4) Coaches stimulate improved performance.**
- 19) **5) Coaches build teams.**
- 20) **6) Coaches facilitate communication and better relationships.**
- 21) **7) Coaches stimulate vision.**
- 22) **8) Coaches enable people to set and reach goals.**
- 23) **9) Coaches improve leadership.**
- 24) **10) Coaches speak the truth in love.**
- 25) **11) Coaches facilitate improvement.**
- 26)
- 27)