

Christian Coaching

Chapter 7

- 1) What are the four parts of the Basic Christian Coaching Model?
Awareness
Vision
Strategy
Obstacles

- 2) Name the four questions of the Expanded Christian Coaching Model.
Where are we now?
Where do we want to go?
How do we get there?
What gets in the way?

- 3) Discuss Awareness
Awareness is the first part of the coaching model and it has two parts. First the client must become more aware of the present (where they are now) and becoming aware of the person (who they really are).

- 4) Discuss Vision
Vision is the mental picture of what the person want to accomplish, what they would like to happen, and where they want to go in the future.

- 5) Discuss Strategy and Action

Strategy and action is the client setting goals that are realistic, specific, and measurable.

6) Discuss Obstacles

Obstacles is the client allowing the coach to help them uncover, face and get past the self-defeating behaviors and mental self-talk that hinders progress. Progress is hindered by obstacles, roadblocks, setbacks, and disappointments.

7) What does Tony Stoltzfus say about helping the short-term vs. transforming people.

Tony says if you want to help your clients in the short-term, focus on solving problems. If you want to see them radically transformed for life, concentrate on building people.

