

Christian Coaching

Chapter 8

- 1) What does Collins say about losing perspective?
If one loses perspective that comes from awareness of God's control of the future, there isn't much to hold at the end of the day.

- 2) Where does the life coach start?
Life coaches start with the survey of the client's whole life, including health, relationships, career, spirituality, and much more, and then deal with every aspect of life.

- 3) List the awareness issues in coaching
Circumstances – What's going on in your life right now?
Worldviews – What are your deeply held beliefs and views about the world?
Values – What really is important to you?
Passions – What gets you excited?
Personality – What are you really like?
Strengths – What do you do well (or best)?
Spiritual Gifts – How has God gifted you?

- 4) Why do individuals and organizations get stuck?
Individuals get stuck because they are overwhelmed, exhausted, directionless, and hopeless.

5) What is a worldview?

Worldviews or mental models are deeply held internal images of how the world works.

6) Discuss what values are and what they do.

Values are foundational beliefs that anchor our lives, the things that matter to us, and the nonnegotiable characteristics that most clearly define our identities.

Chapter 9

- 1) What is passion according to Richard Chang?
Passion is empowering. You may bludgeon it, suppress it, squash it, or lose sight of it, but it is a given, a constant.

- 2) How does Collins suggest finding your passion?
Ask somebody who know you well to identify your passions.
Think of times in your life when you felt exuberant and excited to be alive.
When you were young and your parents could not find you, what did they assume you were doing?
If you had no limitations in terms of money or time, what would you like to do?
Look at your environment.
Search the Scriptures, wait, and pray that God will reveal his passion for your life.

- 3) Richard Chang states that passion without purpose is:
Passion without purpose is meaningless.

- 4) Discuss what Collins has to say about putting passion into practice
Make a commitment
Pray and plan

Find supportive people
Face the obstacles

- 5) What does Richard Leider say about life and work decisions?
Life and work decisions based on both gifts and passion produce energy, flow, and aliveness.
- 6) Discuss what Marcus Buckingham states about finding your strengths.
Your strengths are your love of problem solving, your intuition, your assertiveness, your altruism, and your analytical mind are your natural appetites, and are irrepressible. Your strengths are not only activities for which you have some natural talent, they also are activities that strengthen you.

