

Christian Coaching

Chapter 12

- 1) List the goal setting process

Step One: Clarify and agree on the end result or results (the desired outcome).

Step Two: Put this on paper. What you write can be revised later.

Step Three: Start with the desired outcomes and then, working backward, mutually brainstorm about some possible interim goals.

Step Four: Agree about which of these alternative interim goals you will pursue. Recast each of the theses as SMART goals.

Step Five: Arrange the agreed-upon goals in order of priority from the first and most realistic to the end result.

Step Six: Write down indicators that will show clearly when each goal has been reached. Do this with at least the immediate goals. The others can come as you get closer to the end goal.

Step Seven: Put this on paper.

- 2) What is the goal of stretching and how can coaches stimulate clients?

Stretching involves stimulating the imagination to dream of possibilities that seem way out of reach. It is nudging people from their familiar and comfortable routines of doing the same things in the same ways while they expect different results. Coaches can stimulate clients by asking them questions that will make them use their creative imagination.

- 3) Commitment implies that there is no turning back, so what type of questions may be used by the coach to get specific answers regarding commitment?
How willing are you to commit now to this plan?

If you don't feel ready to commit, how does the plan need to change so you will make a commitment?

What are you going to do first?

When will you start?

When will you have it done?

Who will you tell?

Who will give you support and keep you accountable?

On a scale of one to ten, what is the likelihood you will do what you have agreed to do?

- 4) What does Collins state good coaches tend to be?
Good coaches tend to be risk takers.

- 5) According to Laura Whitworth, clients usually come to coaches to?
Do things differently or to do different things. They want to set goals, come up with plans, get into action, and use the accountability of coaching to stay on track. Clients want to be in motion, not standing still.

6) Discuss in what ways can coaches help move the action forward.

Stimulating Confidence

Standing For

Giving Feedback

Empowering

Providing Accountability

Keeping Hope Alive