

## Christian Coaching

### Chapter 12

- 1) List the goal setting process 1) Clarify and agree on the end result or results (the desired outcome). (2) Put this on paper. What you write can be revised later. (3) Start with the desired outcomes and then, working backward, mutually brainstorm about some possible interim goals. (4) Agree about which of these alternative interim goals you will pursue. Recast each of these as SMART goals: Specific, measurable, attainable, realistic, and with a time frame. (5) Arrange the agreed-upon goals in order of priority from the first and most realistic to the end result. (6) 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. (7) Put this list on paper.
- 2) What is the goal of stretching and how can coaches stimulate clients? It involves stimulation 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 way while they expect different results. The coach must ask questions such as What if? why couldn't you? Let's think what would happen if? and we need to... **THE Goal of stretching is to get people thinking in new ways, coming up with new options.** Sometimes coaches can stimulate clients with questions and prompts like the above questions.
- 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? 1) imagine that you have achieved our goal. What does this look like? (2) Imagine yourself in the future and tell me how do now to move forward? (3) if money or time were not limits, what would you do now to move forward? (4) Be creative and tell me what resources you could draw on to help you move forward? (5) What might change around you in the future that you need to prepare for now? (6) What might you do that is outside your comfort zone but that might get you closer to your goals?
- 4) What does Collins state good coaches tend to be? Risk takers
- 5) According to Laura Whitworth, clients usually come to coaches to? Clients usually come to coaching 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. The coach can stimulate confidence, confirming to the client what they stand for. Giving the client feedback that empowers the client to do greater things than they first believed. The coach will always provide accountability. Finally, the coach will help keep the vision and hope alive.

