

## Christian Coaching

### Chapter 13

- 1) Discuss the external barriers to coaching.

**Distracting Life Events – Diverts attention from coaching, consumes energy.**

**Too Many Demands – Feelings of pressure, distraction.**

**Difficult People – Drains energy, consumes time.**

**Criticism From Others – Fear of rejection, self-doubt.**

**No Clear Boundries – Circumstances and people disrupt our time.**

**No Accountability – Fading vision, motivation, determination, commitment and willingness to persist.**

**No Evaluation From Others – Discouragement, loss of motivation, stalling, confusion.**

**Energy Drainers – Distractions, interruptions, depletion of energy, loss of time, loss of patience.**

- 2) Discuss what are energy drainers.

**Energy Drainers can be difficult people, work pressures, emotions such as anxiety or depression, unmet needs, or even what have been called the gnats of life. Those small hassles that we endure and try to brush off like flies at a picnic.**

- 3) Discuss Internal Barriers to coaching  
**Habits – Get in the way of taking action.**

**Fear/Insecurity – Stops you from taking action.**

**Negative Mind-Set – Convinces you it can't be done.**

**No Commitment or Ownership – Motivation drops, goals are forgotten or abandoned, there is no lasting movement forward.**

**Resistance To Change – Cooperation drops even though you have superficial agreement.**

**Impatience – The process is rushed, making failure, disappointment, and loss of interest more likely.**

**Boredom – Loss of interest and motivation.**

**Changed Goals – Realization that the initial goals or vision no longer fit, loss of motivation**

**No Place For God – Vision and goals are limited without divine guidance and power.**

- 4) What does Frederic Hudson have to say about resistance?

**Resistance appears most strongly in the middle phase of a coaching process, after clients have fairly clear pictures of how they want to evolve but are finding all kinds of reasons why they can't do it. The secret to doing resistance work is to cooperate with it. It is not your job to remove it.**

- 5) What are another set of obstacles to coaching?

**Another set of obstacles to coaching are those that don't even exist in the people they coach. They are hurdles that lurk in coaches themselves. They are obstacles that sidetrack or cause coaches to get stuck so they are less effective in guiding others.**

