

## Christian Coaching

### Chapter 14

- 1) What are voluntary and involuntary transitions – give examples?

**Voluntary transitions are anticipated changes. For example: buying a better house or moving away from friends.**

**Involuntary transitions are unexpected changes. For example: family death or having a house blown away in tornado.**

- 2) Discuss the ways Collins gives that coaches can help others to make transitions easier.
- **Remember that life is series of changes.**
  - **Know that with every major change, there is both a gain and a loss.**
  - **Allow themselves to honor and acknowledge their feelings of both anticipation and sadness.**
  - **Write in a journal and give themselves permission to be honest in acknowledgement and expressing their feelings**
  - **Walk the bridge between what they are leaving behind and what lies ahead.**
  - **Get closure on the part of life being left behind, by saying what needs to be said, reflecting on that part of life, and possibly writing letters to others who are involved.**
  - **Deliberately keep some constants so that life will not be overwhelmed by the change**
  - **Begin to anticipate the new chapter in life with excitement, even writing down the good things the person looks forward to experiencing or doing**
  - **Reach out to others in the new situation and develop a sense of community**
  - **Be prayerful, remembering that God's path never leads us to where his grace will not keep us**

- 3) Discuss Hudson's four phases of change.

**Phase 1 – The Go For It: Dreaming, Planning, Plateauing**

**This is a period of success, stability, creativity and energy. People dream, launch projects and work to win as well as feeling invigorated, challenged and optimistic. Sometimes feeling fatigued, short on time and competitive; however, this phase ends when people succeed and have no more challenge or have plateau.**

**Phase 2 – The Doldrums: Being Out of Sync**

**This is a period where people feel bored, stuck, disappointed, and without purpose. Often feeling trapped, sensing decline and restless but resisting change. This phase ends when people either re-evaluate their dreams and return to phase 1 with new enthusiasm and commitment or end the earlier chapter of their lives and move-on.**

**Phase 3 – The Cocooning: Finding New Passion and Purpose**

**This is a time for reflection, strategic planning and live evaluation. People feel sad, empty, lonely, angry grieving, disillusioned and sometimes betrayed. They work through an identity crisis and time out for soul searching as a result they go through a life transformation. This phase end when people set new directions and decide to get more**

involved with others and move forward. Several pick new hobbies, move, change jobs, become more spiritual and take courses.

#### **Phase 4 – The Getting Ready: Starting a New Chapter**

This is a time where people feel hopeful, trusting, creative, and/or excitement. Re-engaging involves creating new ideas and possibilities, experimenting with new ideas and projects, networking with new types of people, and prioritizing by setting new goals and values. This phase ends as people return to the Go For It phase. They feel fulfilled, confident, self-motivated, focused and unstoppable.

- 4) Discuss the coaching goals and activities of the four phases of changes

##### **Phase 1 – The Go For It**

**Goals** – The goals are dream, make plans, take action, reach goals, sustain and enjoy success and re-evaluate with new goals and dreams.

**Activities** – The activities associated with this phases are career training, improving time management, stress management, building networks, learning life balance and accepting/enjoying success.

##### **Phase 2 – The Doldrums**

**Goals** – The goals are keep hope alive, cope with negative emotions, sort things out, accept change, create an exit plan, let go and ponder new possibilities.

**Activities** – The activities for this phase is encouraging change, discussing disappointments, evaluating what might come next, challenging people to avoid destructive behavior and planning to say good-bye.

##### **Phase 3 – The Cocooning**

**Goals** – The goals are turn inward to take stock, rethink values and goals, consider spiritual renewal, plan new goals, renew trust and self-esteem and find new passion and purpose.

**Activities** – The activities to perform during this phase are encouraging journaling, taking a sabbatical, spiritual and personal stock taking, encouraging change, stimulating hobbies, training and travel and strategic planning.

##### **Phase 4 – The Getting Ready**

**Goals** – The goals are move in new directions, create new ideas and possibilities, take new risks, become more creative and reassess values

**Activities** – The activities are encouraging experimenting, trying new ideas and projects, encouraging networking/new friendships, choosing new priorities and strategies and simplifying lifestyles.

- 5) Discuss finding life balance

**Finding life balance** is typically viewed when a client want the ability to juggle precious priorities of their lives so that they are more empowered and less at the mercy of circumstances and other people's expectations and demands. However, to achieve through

coaching, it begins when the coach helps the client to figure out what they value most in life and then ordering their lives around it. A client will never feel balanced if he or she does not have a personal vision of what a balance life looks like. Ultimately, the coach helps the client to develop a concrete plan and hold them accountable for it. The coach keeps the client on course by reminding them of their values and why they are doing what they are doing. This essentially helps find life balance.

## Chapter 15

- 1) Define and discuss Relationship Coaching  
**Relationship coaching is the discipline of believing in the client's ability to engage in and sustain a healthy, pleasurable and productive relationship. Relationship coaching is often about pleasure, pain or confusion. The reason people seek relationship coaching stems from painful disappoints, betrayal or dissatisfaction. Relationship coaching helps people to believe in their capacity to skillfully and successfully engage in relationship.**
  
- 2) Define and discuss Christian marriage coaching  
**Christian marriage coaching is the application of Christian coaching concepts and skills to facilitate growth, healing and change for couples. The purpose for marriage coaching is to facilitate identification of growth goals that both partners are motivated to pursue and the action steps to accomplish these goals. Once goals are determined, coaches collaborate with the couple to develop and choose action steps.**
  
- 3) How does marriage coaching differ from counseling  
**The difference between marriage coaching and counseling is that the coach should refrain from telling their clients what to do and be especially careful to do nothing that can be construed as the coach's taking responsibility for the couple's relationship or telling them what decision they need to make about their relationship.**
  
- 4) With what tools should non-therapist coaches be equipped in order to coach couples?  
**They should be equipped with tools to assist in building closeness, resolving conflict, speaking and hearing strong emotions and negotiating requests for change in the relationship.**