

Peer Coaching Milestone Report 2

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## Milestone Report 2

This week I had a chance to spend an hour with John Rogers for my peer to peer coaching assignment. His overall goal is to enhance his ministry longevity by becoming a healthier person. I asked him first to identify what areas in his life that he deemed unhealthy. He immediately told me that he needed to lose weight because if he drops some weight his doctor told him he could eliminate his high blood pressure problem. I asked this question, so we could establish the most immediate goal he needed to set to accomplish his weight loss efforts. This opened the door for us to come up with practical things he needed to establish immediately to put his plans in motion. I pressed him to tell me what contributes most to his weight gain. He owned the fact that his bad eating lifestyle was the main contributor. This led him to tell me what measures he put in place to address the bad eating habits. He decided to eliminate fried foods, carbohydrates, and sugars from his daily diet. He would prepare as many daily meals as possible to avoid eating the wrong things out of convenience. This would help him in a major way, but I still needed him to come up with additional efforts to help make this task successful. I asked if he were in ministry full-time because this gave me an idea on what type of time he had to work on his weight loss. This pressed the question of how physically active he is. He already works out 30 to 45 minutes most morning before his day starts. This along with the change in eating should help him reach small goals that will ultimately lead to accomplishing his long-term goal. Lastly, I wanted to help him set some motivational factors that would help keep him focused. We circled back to the beginning of our conversation on why he wanted to lose weight. His primary goal is to become healthier, so he could have ministry longevity to do what God has called him to do. He also wanted to live longer to enjoy life with his wife and family. I suggested that whenever he felt like he was getting off task to just remember the people he was

destined to encounter to lead them to Christ. The he always has the backup of remembering how he wants to grow old with his wife and enjoy his family if he could. These are both very impactful motivators that will surely steer him back on course if he deviated. I felt accomplished because we set goals, established them based on true reality of where he is now, established options that will help him meet his goals, and created motivators that will help him have the will-power to finish strong. Coaching is rewarding when the G.R.O.W. approach is fully utilized.