

Define Coaching

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What do the names Phil Jackson, Joe Jackson, Richard Williams and Reverend C. L. Franklin all have in common? They have coached some of the most incredibly gifted and talented superstars of our time. Coaching is “the art and practice of enabling individuals and groups to move from where they are to where they want to be” (Collins, 2002). This essay will define coaching as helping individuals to : find their purpose in life, get unstuck in life and live their life by design.

Everyone is born with God-given talents and abilities waiting to be released to inspire others, as well as, bring self-satisfaction. It is said that the two most important moments in a person’s life is when they are born, and when they find out why they were born. Coaching helps an individual find just that—find their why, in life. Knowing and understanding your purpose, is the central motivating factor for an individual’s life of fulfillment. The lack thereof, will cause feelings of hopelessness, abandonment and rejection; for “where there is no vision, the people perish” (Proverbs 29:18 King James Version).

Another way coaching helps individuals, is by getting them unstuck during life’s challenging moments. Just about everyone has had those times where they have felt stagnate or immobile with the hardships life can bring. One way to assist in breaking through this glass ceiling of stagnation is by asking powerful questions; this is one of the essential coaching methods to help maneuver from this place. “Powerful questions evoke discovery and insight” (Chand, 2012). The answers that come from these questions causes a person to have vision and hope, that will move them from where they feel stuck, to where they desire to be, which is a place of accomplishment and fulfillment.

Lastly, coaching can be defined as aiding individuals to live life by design. Everyone has full control, and takes ownership on how their life is created and mapped out. This comes with a

high level of responsibility, and accountability, which is another essential coaching method to keep a person committed to their end goal(s). It allows them to take full responsibility for the outcome, based on their own personal thoughts, ideas, convictions, declarations and actions. It is truly rewarding to see a simple thought or vision become a reality; and to know it all came from within.

In summary, coaching is a method whereby a coach helps a person to transition from where they are, to where they want to be in life. This is obtained by helping them to find their life purpose, which is the primary motivating factor for their success. In order to perform this, the coach must ask powerful, 'tough' questions, to help make the overall vision clear, and set the foundation to build upon. It is this foundation that will help during times of stress and crisis, that will keep them motivated to not be at a stand still, but finish the race and win. Coaching helps an individual to take ownership of their life and never leave it in another persons hands; living life on their own terms and conditions, with no regrets. Coaching is a partnership which is fulfilling, rewarding and builds self-confidence for a lifetime.

References

Chand, S., Brenda C. and Bowen, Christopher S., *Dream Releaser Coaching Manual: Coaching Essentials*, Track 1, 2012, (Online Manual).

Collins, Gary R. *Christian Coaching: Helping Others Turn Potential into Reality*. Colorado Springs, CO: NavPress, 2002