

DRC Dream Releaser Coaching

TRACK 2: WHOLE PERSON COACHING: STUDENT GUIDE

Lesson 9: Life Applications—Part 2

Peer Co-Coaching

In our last session, we looked at specific applications from the first three lessons. This time, we will explore the principles and practices we covered in Lessons 4, 5 and 6.

We covered a lot of points in these weeks. As you've gained specific insights and skills, your natural strengths in coaching are becoming self-evident. As you work with your co-coach, feel free to soar where you feel confident and strong, but remember that your partner's strengths may be very different from yours. Also, just as your strengths will become clear, so will the areas in which you lack confidence. You need the feedback of your co-coach to assist you in gaining more confidence in these areas. Be aware of your comfort zone, but don't be afraid to push the limits to face your blind spots and weak areas. This is one of the benefits of co-coaching.

Lesson 4: Discovering and Developing Personal Core Values

After completing Lesson 4, how would you define core values?

Answer: Personal core values are what shapes me from my family, people I encounter and how I view life. They are extremely important in how I think, make decisions, and interact with other people. Core values dictate how I relate to life and the things around me. My decisions are based on my inner convictions, what I value as most important, and the way I approach any given situation. Core values are developed from my faith in God, family values, and financial aspects. Core values has to do with my work ethic, integrity, and honesty.

Share with your partner a personal experience where your core values were challenged. How did you respond to the situation and how were your values reestablished?

Answer: Several years ago, while working in corporate America my supervisor instructed me to lie to a customer about the handling of his service. My response to her was no I will lie to the customer I will tell them the truth. At first, she was resistant but eventually agreed honesty was the only option.

In the scenario of Maria's Maid, how would you have handled the situation if you were in her shoes?

Answer: After talking to Lorna and making all attempts to retrain her, and there is no improvements in work ethic I would let her go. If not, it will drastically affect the other employees and cause the cost to loss revenue.

Do you consider yourself to be a situational or principled decision-maker? Discuss with your partner a personal experience where either of these played a role in the decision. How did knowing, or not knowing, your core values affect the decision-making process?

Answer: I am a principled decision-maker. I tend to weight all the options before making a final decision. A few weeks ago, one of the ministry leaders wanted to invite a particular guest to speak at our youth service. Knowing my core values of integrity and honesty helped me to make the right decision to advise the leader this was not the appropriate time for this speaker.

5. Share at least two of your core values and how they affect your choices in life.

Answer: Faith in God, honesty, and integrity are two of my main core values. They remind me to be straight forward in all my conversations, the way I conduct business, and in my spiritual walk.

Lesson 5: Balanced Life

6. In Lesson 5, you learned that maintaining balance is essential. On a scale from 1 to 10—with 1 being completely unbalanced and 10 being extremely well-balanced—how would you rate your overall personal balance? Share this with your partner and explain your answer.

Answer: At this moment, I would rate my personal balance as an 8. In my attempt to complete assignments for four classes I tend to spend longer hours getting the work done versus spending quality time with my spouse. Since this is my last semester in grad school the work has taken precedence over some family time. In some instances, my ministry responsibilities have increased; therefore, I have to focus on what needs to be completed before our weekly services.

7. Identify and discuss an area that you now realize to be out of balance. What is your plan to bring balance to that area?

Answer: In recent months, quality with my spouse. I am reshuffling my schedule to complete homework assignments so that I can bring balance to this area. Thursdays each week has been designated as date day. My spouse and I spend the day doing fun things: movies, shopping, eating out for lunch or dinner.

8. Now, share an area in your life in which you experience the benefits of balance. What about this area makes it easier to balance—as opposed to areas in which you may struggle?

Answer: My time spent alone with God. Without this devotional time, I would not be able to function in any other areas. Because of my love for God I tend to find this easier to submit to my devotional time. Although, there are days I may slack in getting up early for that time I make every effort to ensure I get back on track. Time alone with God makes everything fall into place for me.

9. After completing the time chart, were you surprised to discover areas that may be taking too much of your time? Talk about your discoveries. What is one change you could make to improve your time management?

Answer: No, I was not surprised. To improve my time management, I plan to break the cycle of procrastination so that I can complete tasks in a timely manner.

10. Think about your friends, family and co-workers. Does someone come to mind that has a poor work-life balance? How have you observed this problem affecting the person's family life? As a coach, how would you assist him or her with creating balance?

Answer: Simone comes to mind. Unfortunately, she frequently complains about all she has to do for her grandchildren, children, and others but she does not set good boundaries. As a coach, I would ask powerful questions to help her evaluate the overall situation. Secondly, I would utilize the tools in the DRC manual to help her establish her priorities, define core values, and develop a plan to take action steps to move beyond the present circumstances.

11. Do you find it easy to enjoy times of recreation? Do you feel you understand the value of enjoying life? Talk about this with your partner.

Answer: I must admit, there are times I do not find it easy to enjoy times of recreation. I tend to be more focus on getting school work and ministry work done versus thinking about recreation. I do understand the value of enjoying life but as of late I have be more focused on completing the masters' degree program.

Lesson 6: Life by Design – Not by Default

In Lessons 1-5, you acquired knowledge on many subjects, such as self-discovery, personality types, barriers, core values, and balanced life. Lesson 6 is where you really got down to personal business and translated all of those understandings into life statements.

1. A mission statement is defined as a clear statement of the reason for existence. Share with your partner your personal mission statement.

Answer: Learn what I need to know, Pursue what I need to pursue, be willing to share the results with others along the journey

2. A vision statement clarifies how you see yourself fulfilling your mission. Now share with your partner your personal vision statement.

Answer: I will make myself available to learn all that I need to in order to fulfill the destiny God has called me to. I am determined to network with people who are doing what I want to do and glean from them.

3. Of the 12 principles of vision, discuss two or three that really stood out to you. How does understanding these particular principles assist you in staying motivated to carry out your mission?

Answer: Vision is a function of mission and leads to a powerful purpose and vision is never satisfied with the status quo are the two principles of vision that stood out for me. (Chand & Bowen, 2012, p. 7) They help to face reality that in order to reach the goals I have envisioned I must be willing to come out of my comfort and pursue what God has ordained for me. Once I grasp hold of the vision, take the necessary steps to pursue it, my purpose in life will become more tangible to me.

4. Knowing your purpose gives meaning to the mission and vision. Share your purpose statement and explain how a clear, compelling purpose statement motivates you.

Answer: My life purpose is to develop a deeper more intimate relationship with God through the Blood of Jesus and leading of the Holy Spirit. Before I was born God had a specific purpose and plan for me to teach and preach his Word. Through the anointing, wisdom, and guidance of the Holy Spirit I plan to teach God's Word in practical ways to help other people grow stronger spiritually.

It gives me a better understanding of what God created me to do. Knowing who I am in Christ motivates me to reach for the ultimate-God's ordained purpose for my life. It helps build confidence and assurance.

5. As a coach, discuss how the process of defining and clarifying these statements will benefit your clients.

Answer: Since this portion of the journey has impacted my life in tremendous ways I am confident this will also stimulate clients to move beyond their comfort zones. This process will help clients realize their hidden potential. Once clients are given the opportunity to formulate their vision, mission, and purpose statements they can take necessary steps to propel them to their God-ordained destiny.