

COACHING SESSIONS



What to Expect.

How to Prepare.

What to Do.

At the heart of transformation there are always relationships. Our participation with God in mission is grounded in our relationship with the God we meet in Jesus Christ. It is that relationship that will shape and guide all others in our life of faith.

But Jesus tells us that our relationship with God is grounded in a love that is mirrored fully in our life with others. It is our love of God that shapes our love of neighbor. In other words, there is no way to live out our relationship with God without paying attention to people!

Coaching is committed to that truth. Your team will have a coach and your relationship with him or her will be an important part of the journey.

WHAT TO EXPECT:

Your coach will offer encouragement when you are struggling; insights when you are stumped; support and a kick in the pants when you need to be prodded to action. You should expect your coach to schedule sessions ahead with you. You should expect him or her to show up on time and invest fully in you during the time you are together. You should expect your coach to want you to succeed. You should expect your coach to add you to his or her daily prayers as a commitment to keeping you in their heart and mind during this important time.

HOW TO PREPARE:

Coaches are not magicians. They are companions. It is important that everyone remember that this process is not the coach's journey – it is your congregation's journey! They are to accompany you. To prepare, your team should always meet prior to the session with your coach. You should discuss what you have learned, what you are to be working on, and how you think you should begin to approach this part of the work. You should plan the time with the coach so when he or she comes you are ready and honor the time they are committing to you. Who will lead opening devotions and prayer? What decisions have you already made? What issues would it help to include on the agenda when the coach is with us? Doing this makes coaching worthwhile and efficient. Everyone wins.

WHAT TO DO:

When the time comes to meet with your coach, use the time well. Outline the meeting on paper. Be sure to spend time in scripture and prayer together. Update the coach on what you have done. Invest energy in what needs to be figured out. At the end of a coaching session, be sure to rearticulate what you will do, when it will happen, and who is responsible. Coaching is a relationship intended to induce action. Don't leave without all actions fully defined and clearly stated.

OUTLINE FOR COACHING RELATIONSHIP

Before the meeting:

- Agree with coach on date, time and location for the coaching session.
- Team meets to discuss material, outline what it can do on its own, and identify key focus points and agenda for time with coach.

At the meeting:

- Personal Check-in time (5 minutes)
- Devotions: Scripture and Prayer (10 minutes)
- Update: Share with the coach what has happened
 - What has gone well?
 - What issues have you encountered?
- Discuss implementation
 - What needs to be accomplished before the next workshop?
 - What ways can that be done?
 - What help can the coach provide to clarify and firm up issues?
 - How will we involve others beyond this team (a key issue always)?
 - What specific things will be done? By when? By who?
 - WHAT?
 - WHEN?
 - WHO?
- Summarize:
 - What specific commitments have been made?
 - Who, what and when will make them happen?
 - Who will interact with the coach between now and the next event?
- Confirm next meeting date
- Close in prayer (Go in peace. Serve the Lord!)

After the Meeting:

- Go **DO** what you said you would!
- Interact with your coach with weekly emails on work done (be clear who will send these)
- Teams: Pray for your coach.
- Coach: Pray for your team!
- You will see each other at the next workshop. Be sure to have something to celebrate!