

# Step by Step - Weekly Coaching Sessions

## 1. Preparation. (same as first session)

## 2. Introduction

- “Before we start, tell me what was the best thing that happened this week?”
- Tell me more, how are you right now ( may need to discover what is most important right now, a “coaching moment”)
- Reflect: “Sounds as if...” listen for verification (your observation might not be correct)
- “Before we go any further do you mind if we have prayer for guidance”

## 3. Review

- The goals you chose were... which one shall we start with? **See weekly session checklist.**
- Explore fully what worked, percentage of success, what didn't work, listen mindfully and detect any challenges/resistance that needs to be worked on (**see ambivalence questions**)
- Use listening skills, Explore “How did that feel...? Expand
- When problems with goals. What did you learn from this? Affirm choices and strength
- Go over another Goal.
- Review three month goal at third week or so. To see how the 1,2 week goal is helping you reach the three month goal. Do you need to make any changes?
- Ask if ok to work on challenged area. If stuck, ask if ok to try to brainstorm 4-5 solutions to choose from.

## 4. Close

- Set new specific goals for the next week, affirm their good work & determination
- Close with You did a great job, how do you feel about it.
- Request feedback on value of the sessions occasionally.

## Keeping in mind:

1. Influence of my promptness, warm smiles (even on phone), personal health and tone of voice.
2. Be prepared ahead of each weekly session with their goals, possible needs or questions and prayer. Also it is helpful to have the **weekly session checklist** handy to remember the skills and what is next. Later on it becomes a habit.
3. Praying with the partner is important, always asking permission. It is exciting to see what the Lord does in their lives and the bonding in the partnership.
4. On rare occasion, tough love may be needed. They may need a “Do it now!” But only as the Spirit moves!
5. Expect the Lord to provide wisdom & understanding in the relationship.
6. Amazingly they do have the answers, given time and encouragement (we can suggest two-three ideas but they must choose one so they own it). Information is abundant in the media and most are literate with Google!
7. Keep the dialogue on track, draw them back gently, don't discuss own experiences in any detail.
8. It can be difficult at first not to jump in with advice, but we are to remember that they are the experts; they are to develop their own plan with our help.