

QUICK TIPS IN COACHING

STRESS MANAGEMENT AND SPIRITUAL AREAS:

These areas are more complex, demanding high levels of divine help to accept others where they are. As always, ask permission to explore.

Stress management:

- Maintain patient listening and faithful caring to encourage exploration.
- Explore how past stress reactions have been handled and who helped.
- Gently ask about their habits, relationships and efforts to control stress.
- Explore where they are feeling stress, mentally, physically.
- Be alert to addictions, depression and medications taken.
- Ask if prayer helps reduce the impact of their stress.
- Assure them of confidentiality and ongoing support in their journey.
- Request extra prayer before planning vision & goals.

Spiritual area:

- Explore carefully where they are in their spiritual journey.
- Be very sure of good rapport and their openness before exploring with them.
- Warm tone of voice in questions you ask, be sensitive to their comfort.
- Assure them confidentiality and genuine support whatever they say.
- Explore family relationships spiritually, positive or negative.
- Explore gently what their picture of God is - see sample spiritual questions.
- Pray with them before they plan vision or goals in this area.

Cautions:

- Avoid getting caught up in emotional areas as these are above.
- Avoid temptation to make converts to personal view of coach.
- Avoid talking too much, coach should be less than 50%.
- Avoid being the "expert" instead of helping them find their own answers.