

Step by Step - Getting Ready

Before you begin this journey there are a few steps I would suggest for preparing yourself to do the best work possible.

1. Set aside regular time to spend in prayer and study of the master coach. The more you know Him and His ways, the more you learn to rely on his wisdom and strength that He is more than ready to share with you the more you will reflect Him to those whose lives you touch.
2. Study Christ's Methods (This is part of your ongoing study to stay ready)
 - a. Suggested reading
 - i. Jesus Life Coach by Laurie Beth Jones
 - ii. Medical Ministry by E G. White
 - iii. Bible stories of Jesus healing methods
3. Begin to listen to those around you who are trying to make changes in their lives. While you are getting ready to coach you can start by learning how to be a friend. Start practicing some of the skills of listening and asking caring questions and exploring their life for the sake of helping.
4. Understand what a coach is and what they are not. Understand your limitations but also knowing the power of God and the power of friendship.
5. You don't need to have all the skills mastered to start, just the basics.
6. Do you have the time to maintain a weekly contact as long as they need you for reaching their goals?

Setting up a Coaching Relationship – Example

1. "I understand you are interested in making some lifestyle changes. Change can be difficult, especially on your own, I would be happy to work with you to help you reach your goals. Would you like that?"
2. If they agree, ask. "When can we get together to get started, the sooner the better"
3. "There are a few things about coaching that you might want to know. First of all my role as a coach is not to just give you advice. Most people know what they need to do. but they generally try to take to big of steps often leading to failure and discouragement. I believe in taking small steps to maintain a steady successful path toward your goal. Will that work for you?"
4. "What I have found works best is a weekly coaching call to review progress, talk about the process and gain the skills to continue on the right path."
5. "Be thinking about a time that works best for you on a weekly basis for a coaching call. You will need to allow between 20-30min. each week."

Plan the first session to allow 45-60 minutes, Using the WORKSHEET, list their phone number, email address and other helpful notes. Prepare a folder.

(Optional) Send a COACHING PACKET by email or slow mail to jumpstart the relationship.

Assure them that they have full confidentiality when you call.

(Packet includes: Information on how coaching works, a lifestyle overview with ideas to work on and a worksheet for them to list their vision, goals and progress.

If they are "self-starters" and want to coach themselves, offer them a "Personal Log Book" and offer to keep in touch if they desire.)