



Power Tools for Pastors

Personal Growth Coaching Plan

A five-part discovery process for personal growth

(The steps in this plan were presented by Daniel Goleman, Richard Boyatzis, and Annie McKee in their book, Primal Leadership.)

“The first discovery: My ideal self -- Who do I want to be?”

“The second discovery: My real self -- Who am I? What are my strengths and gaps?”

“The third discovery: My learning agenda -- How can I build on my strengths while reducing my gaps?”

“The fourth discovery: Experimenting with and practicing new behaviors, thoughts, and feelings to the point of mastery.”

“The fifth discovery: Developing supportive and trusting relationships that make change possible.” (Primal Leadership)

Primary Activities toward each Discovery

1ST DISCOVERY: MY IDEAL SELF

- Developing a personal life mission statement & life goals

2ND DISCOVERY: MY REAL SELF

- Spiritual Gifts Discovery
- DiSC inventory
- Strength Finder Index

3RD DISCOVERY: MY LEARNING AGENDA

- Through personal coaching, we develop a learning plan for intellectual, emotional, and behavioral changes.

4TH DISCOVERY: EXPERIMENTATION & GROWTH

- Selecting prioritized behaviors to begin addressing growth areas.

5TH DISCOVERY: DEVELOPING SUPPORTIVE RELATIONSHIPS

- Develop relationship contracts that strengthen one’s personal goals.

This process will take 6-12 months, depending on the specific goals being targeted. Contact HighPower Resources to discuss the details, or for any questions.