



HighPower Coaching: Intro to Coaching

INTRO

- ◆ Think of a coach you have had who really made a big impact on you.

1. THE NEED

The problem with life; it slows down, it rusts, it breaks, it stops working as good as it used to.

2. YOUR COACHING STORY

- ◆ Tell about the coaches you have had in your life; sports; scholastic; work; family;
- ◆ Tell about a great coach you have had
- ◆ How would you like to impact and help others? What talents or gifts or just general desire do you have to help others.
- ◆ What are some examples from your own life of people you helped, and how you helped them?

3. THE CASE FOR COACHING

While I read the following verse for years, I did not make the connection to coaching until recently. Here are two verses from Proverbs 19 which I have found when applied to my life as a pastor, help me to be a better leader for God:

*Get all the _____ and instruction you can, and _____
the rest of your life. (Proverbs 19:20)*

*To acquire wisdom is to love oneself; people who cherish _____ will
_____. (Proverbs 19:8)*



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They have helped me in the following ways:

SPECIFICITY - How it relates to my specific situation.

OBJECTIVITY - Observations from an outsider.

IMMEDIACY - Being able to get a hold of someone right when I need him.

CONFIDENTIALITY - Keeping private issues private is a virtue.

The second verse in Proverbs 19:8 says that to acquire wisdom is to _____
_____.

I can honestly say that my coach spurred me on to higher levels of performance than I would otherwise have had, and he gave me new insights which I would not have had without the viewpoint of someone from outside my situation.

4. Scripture's Emphasis on Coaching Wisdom

- ◆ **COACHING KEY VERSE:** The purposes of a man's heart are _____
_____, but a man of understanding draws them out. (Proverbs 20:5 NIV)
- ◆ "1 You then, my son, be strong in the grace that is in Christ Jesus. 2 And the things _____ have heard _____ say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others." (2 Timothy 2:2)
- ◆ "The _____ in heart are called discerning, and pleasant words promote _____." (Proverbs 16:21)



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- ◆ To acquire wisdom is to love oneself; people who cherish understanding will prosper. (Proverbs 19:8)
- ◆ Get all the advice and instruction you can, and be wise the rest of your life. (Proverbs 19:20)
- ◆ "Make plans by seeking _____; if you wage war, obtain _____." (Proverbs 20:18 NIV)
- ◆ A _____ man has great power, and a man of _____ increases strength; (Proverbs 24:5 NIV)

5. The Benefits

Definition of Coaching: coming _____ someone else to provide _____ through thought-provoking _____, insightful _____ & balanced _____.

Coaches help other people _____!

1. Clear _____
2. Sense of _____
3. _____
4. Problems _____
5. Problems _____

Positive side - I end up being more _____ and feeling more _____ about my life, because I am examining it on a regular basis to make sure it counts, and that I am achieving my goals.



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Negative side - I avoid many potential problems or disasters because I am making use of wise counsel before embarking on some crazy plan.

6. How it Works

KEY ELEMENTS OF A GOOD COACHING SESSION

A. Thought-provoking _____

B. _____ Plans

C. Loving _____

D. Coaching in _____

7. Detailed Coaching Session

The goal, after all, is _____ .

1st - _____ & CELEBRATE

2nd - _____ THE MISSION



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3rd - _____ GOALS

4th - _____ REALITY

5th - _____ ACTIONS

6th - CONCLUDE & _____

◆ Number one rule of coaching is:

8. Good Questions are Key

- ◆ Open-ended -
- ◆ Thought provoking -
- ◆ Non-judgmental --

9. Getting Started

- ◆ Focus on _____ development.
- ◆ Ask each other.
 - 1) What have you read in the Bible this week?
 - 2) Which verses have most encouraged you?
 - 3) Which verses have most challenged you?
 - 4) What specific things are you praying for?



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- 5) Where is your growth edge right now? Where are you growing spiritually?
- 6) What are one or two actions you will take this week to continue to make spiritual progress?
- 7) Can I ask you next week about it?

CONCLUSION