



HighPower Coaching: Getting Started with Coaching

1. Definition of Coaching

Coaching - Not telling someone what to do, but _____ someone what they want to do, and then _____ to do it.

2. Goal of Coaching

The purposes of a man's heart are deep waters, but a man of understanding _____ . (Proverbs 20:5 NIV)

Goal -

3. Description of Success

Defined by the _____ -

Ideas:

- Spiritual Growth
- Business Success
- Leadership Development
- Financial Planning
- Small Group Leadership

4. Core Competencies & Micro-skills for Christian Coaching (these are from Bob Logan)

Nine Core Competencies

1. _____ - looks to the extent at which a coach seeks the Holy Spirit's guidance for the coaching process, and depends on God in discerning the needs of those being coached.



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2. _____ - - looks at the extent to which an individual knows oneself pursues personal development.
3. _____ - - looks at how well the coach facilitates the process of discovering God's agenda through effective listening, questioning, and giving feedback.
4. _____ - - looks at the extent to which the coach negotiates to obtain mutual agreement to enter into a coaching relationship, and strengthens the relational bond with the initial coaching session.
5. _____ - - means to maintain the health of the coaching relationship through encouragement, challenge, resourcing, & focus in a clear direction.
6. _____ - - means recontracting, or brining closure, to the coaching relationship & process.
7. _____ - - means to assess problems by pinpointing needs, gathering & analyzing data, and evaluating action plans.
8. _____ - - means to help those you are coaching to set priority goals and design action plans to achieve those goals.
9. _____ - - means to evaluate and celebrate progress toward goals and making appropriate mid-course adjustments.

55 Micro-skills



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5. Starting

Get another person & begin mutual coaching of one another

High Quality People & High Commitment = _____

Character & Task

Be & Do

Best Practices of 3D Mentors

◆ You are there to encourage someone else to make forward spiritual progress. That's all. It is very simply really. Encourage, pray for, love, and help. Here are some specifics of how to do that:

1) _____

2) GET TO KNOW _____

3) KEEP _____

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. (Philippians 4:8)

4) NEVER ALLOW _____ TO BE _____

We are made right in God's sight when we trust in Jesus Christ to take away our sins. And we all can be saved in this same way, no matter who we are or what we have done. (Romans 3:22)

5) GIVES RECOGNITION & APPLAUSE FOR _____

6) KEEP _____ CENTRAL