

JOURNEY COACHING

Leader's Guide

1:1 Growth



Journey Leader's Guide

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Journey Coaching

Overall Goals of Coaching

- A highly relational process to guide individuals as they explore what it means to have a closer relationship with God, others, and themselves
- To serve as a resource to help others explore the concept of worldview, examine their own perspective, and have the opportunity to grow to know Jesus and what He knows, love Jesus and what He loves, and follow Jesus and live out His ways
- To provide encouragement to others as they attempt to establish a lifestyle of positive spiritual disciplines and healthy behaviors

Recommended Texts for Coaches

Christian Coaching: Helping Others turn Potential into Reality, 2nd Ed. by Dr. Gary R. Collins, PhD. Pub. 2002 by NavPress, Colorado Springs, Colorado

Maximum Faith: Live Like Jesus, Copyright 2011 by George Barna, A joint publication of Metaformation Inc., Ventura, California; Strategenius Group LLC, New York, New York, and WHC Publishing, Glendora, California





JOURNEY COACHING

Introduction

The term “coaching” has become so popular lately that it can be somewhat confusing. Perform an online search and you will find everything from sports training to career guidance and professional or “life” coaching. In reality, coaching happens any time one person with experience in a specific skill or technique comes alongside another who is wishing to grow in that way. Coaching can be formal, such as life coaching, where the process is primarily centered on helping paying clients become more effective in their business and interpersonal relationships.

In contrast, Journey Coaching builds on a similar, but more informal concept. It is an intentional, highly relational ministry where more mature followers of Christ come alongside others who want to grow in knowledge and faith. In this way, it is foundational to “being the church” rather than just “going to church.” Journey Coaching is a relational process designed to help each person bring a better version of themselves to the world.

While crossing the line of faith is not necessary for those being coached, it is important for coaches to be mature followers of Christ. This is because Journey Coaches need to be comfortable answering questions about faith and scripture. The participant manual weaves a basic overview of the Christian faith and worldview through each session. Within each session the Christian perspective is clearly identified and presented in such a way that participants can choose to “opt out” of any of those portions. If they do go through those sections, the Journey material creates an ideal launching-off point for discussion. It is important that the coaches help provide a safe, relaxed (non-pushy) environment for participants to explore the truths about Christianity without being made to feel coerced or defensive. In this way, Journey coaching was designed to be both evangelistic (helping someone learn about faith issues for the first time) and disciple-building (helping someone grow in their faith).

*Help each
person bring
a better version
of themselves
to the world*



Journey Coaches also need to go through the coaching process as a participant themselves before becoming coaches. There are several benefits for this. Initially, it allows each new coach to have first-hand experience of how beneficial it is to use the material to guide the coaching sessions. It also gives coaches very personal insight into what it can feel like to be vulnerable and to possibly expose sensitive weaknesses. Perhaps most importantly, going through the process themselves can provide a coach important insight through their own story.

Evangelistic and discipleship coaching does happen spontaneously from time to time, but it is all too rare. When coaching does occur, the spiritual growth that is experienced can be much more dramatic than anything they may have experienced before. That is why, instead of waiting for one-on-one discipleship to just happen on its own, Journey was developed as an effective, intentional coaching ministry. The participant manual provides the framework for a one-on-one relational ministry that can have a huge impact on spiritual growth.

Journey Coaching is different than mentoring. In mentoring, an underlying result is often the elevation of a mentor as an expert or having a special authority, status or unique expertise. We chose the title of coach in an effort for the primary focus to be on Jesus Christ as the authority or expert, and the coach simply as a guide. In this way, the coach's goal is to help individuals grow more in understanding of themselves (how they were uniquely made) and in understanding how they can be in relationship with Jesus.

Journey Coaching is different than counseling. Coaches typically work with those who are healthy and desiring growth in some area of their lives. Individuals who are deeply hurting, or those who are suffering from mental or emotional issues need to be referred to professionals who can offer the appropriate level of care. When this happens, involvement in a structured coaching relationship should not resume until the counselor or physician indicates it is appropriate. The coach should not abandon the individual at that point, though. Coaches should continue to stay in contact, praying for the individual and encouraging him or her until the time when coaching can resume.

Journey Coaching is a relational process designed to help each person bring a **better version** of themselves to the world.



Training for coaches – Going deeper

Read Chapter 1: “What is Coaching?” from Gary Collins’ book *Christian Coaching: Helping Others Turn Potential into Reality*.

Key points from this chapter



Gifts and qualifications of coaches

People who are interested in being coaches should be willing to be coached themselves prior to working with others. It is recommended that they continue meeting occasionally with their own coach during the time they are coaching others. **Like those they guide, coaches recognize they are on their own spiritual growth journey.**

Those who would be coaches should demonstrate outward evidence of emotional and spiritual maturity. They should have an adequate level of self-understanding including an awareness of their own strengths and weaknesses, with a level of maturity that is more developed and a little further on the journey than those they are attempting to guide.

Effective coaches practice regular and ongoing spiritual disciplines such as personal prayer, Bible study, worship, and fellowship. As a result, their lives show evidence of the spiritual walk they are on. The lives of mature believers will continue to grow and reflect the teaching of Galatians 5:22-23. “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” ESV.

Coaches ideally will have a spiritual gift such as shepherding, encouragement and/or exhortation. Other gifts, such as leadership and mercy can be very helpful as well. Each person’s coaching style will vary depending on their own unique gift mix, personality, temperament, passion and experience. **Gifted coaches know that they are not experts**, no matter how long they have been helping others, and are continuously reliant on prayer and the power of the Holy Spirit for guidance and discernment.

Coaches need to have good listening skills. Anyone who has experienced talking with someone who was not really listening to them will identify with how frustrating and disrespectful it seems. Coaches should practice active listening skills so they can stay emotionally present with the individuals they are coaching.

Coaches should also recognize that their role is not that of a teacher or expert, and for this reason **should not be quick to offer advice.** The coaching process is about helping guide each individual toward the unique journey God has created for them. This may be different than the direction that the coach might feel is best. Coaches are most effective when they listen to the promptings of the Holy Spirit and help guide the goal setting and decision-making process rather than tell others what to do.