

JOURNEY COACHING

Relationships. Strengths. Purpose.

# Starting the Journey

Your Personal Workbook





Journey Personal Workbook

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# Growth



SE



# JOURNEY COACHING

SESSION

# One

Getting to **know** each other

and starting the **journey**



## SESSION ONE

### Getting to know each other and starting the journey

Welcome to the first part of what will hopefully be a wonderful journey for you! Journey Coaching gives you the opportunity to share your unique life story with another person, your coach, who can help you see it from a more objective perspective. Through Journey Coaching, you will begin to identify three key areas that influence personal growth: your strengths, your weaknesses, and your personal philosophy or world view. You'll explore how your story fits into the bigger picture and you'll develop some unique-for-you goals and strategies for future change.

Regardless of where you're starting, Journey Coaching can help you grow. Most people find they appreciate the opportunity to tell their story to someone who cares, as well as the lively discussions that encourage personal reflection and understanding. All that is needed is an open heart and a desire to develop strengths within your purpose!

Journey Coaching was developed from a Christian perspective. To participate, you don't need to follow those beliefs, but as you study you will have an opportunity to compare your personal philosophy or worldview with a basic understanding of a healthy Christian point of view. That perspective which teaches us to serve everyone, love everyone, and care for everyone regardless of their worldview, as was modeled by Jesus.

Don't be surprised if you and your coach are different in many ways. We grow and mature more when we experience life through the eyes of people who are unlike us. If through this first session you struggle with being comfortable sharing with your coach, it would be better to request a

*All you need  
is an  
open heart  
and a  
desire!*



different match. You will know a coaching relationship is a good fit if you are excited about coming back next week to begin working together!

In this first session, you will spend some time talking about what the coaching process is and what it isn't.

- **Coaching is similar to mentoring.** Both coaching and mentoring involve one individual coming alongside another who has an experience or skill they desire. However, the term mentor often results in the elevation of the person as an expert or as someone having special status. Journey coaches are on a journey as everyone else is, and see resources such as life experience and the Bible as perspective to help guide others.

- **Coaching is not counseling.** Counseling is usually practiced by licensed professionals and trained pastors. It typically focuses on helping someone heal from past emotional injuries, mental health issues, or broken relationships. Coaching is best accomplished with emotionally healthy individuals who are desiring to grow.

*NOTE: If you are struggling with depression, anxiety, or other mental health issues, coaching should not be an alternative to medication or seeking professional help. Please ask your coach to help you find a licensed professional who can help. Individuals who are already working with a counselor or other professional and who would like to participate in coaching, are recommended to consult their counselor prior to beginning the coaching process.*

- **Your coach will briefly share his or her journey with you.** There are several benefits of this. First, it should identify your coach, and where they are on their own journey. It may also help you learn how he or she chose to be a part of this process, and why he or she feels it is important to be intentional about doing things that will help you grow. Take notes if you would like to remember certain parts of your coach's story.



*Notes from my coach's journey:*





# You..Reinvented!

Consider what it might be like if you could snap your fingers and go back to the time of fresh wonder; where you felt you could do anything, and before you were told all those things you “couldn’t” do. What was it like for you before life’s disappointments and skepticism set in?

Set your imagination free to rediscover your strengths, interests, and the passions you once had. Remembering back can often help you gain a dearer sense of who you are and help you take a fresh look at your bigger story.

Set your  
imagination  
free!



**In the back of this workbook (Handout A) are two copies of the Journey Coaching Statement of Understanding. Please read through this document.** Then, if you understand and agree with the information provided, please sign one copy and give it to your coach. Keep the other copy in your workbook to refer to as needed. If you have any questions about the information provided in the Statement of Understanding, feel free to ask your coach.

## Next steps

### Evaluate the Fit

1. Do you have any concerns now about how well you and your coach will be able to work together? ☐Yes ☐No Please explain:
2. Are you able to meet for 1 to 1 ½ hours a week for the next 6 weeks?  
☐Yes ☐No
3. Your Coach's Name:  
and best way to contact them: