

CHAPTER 1

THE LIFE COACHING CONCEPT

*You will be instruments for noble purposes
made holy, useful to the Master
and prepared to do any good work.”*

2 Timothy 2:21 NIV

THE LIFE COACHING CONCEPT

“Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to.” – Greg Anderson

About three years ago the Life Coaching concept was introduced to me in the pregnancy center environment. As I researched this subject I saw the perfect match it was for a pregnancy center. This workbook is not about curriculum. I’m not promoting or selling anything. Like me I know your greatest goal for your clients is to see a transformed life. (Some of the information in Chapter One was taken from Businessballs.com and Lifecoachacademy.com, “Life Coaching and Personal Coaching.” (Online), 2004, <http://www.businessballs.com/lifecoaching.htm>)

What Life Coaching Is...

Life Coaching is a concept, a concept that will allow you to use the curriculum you have with possibly a few additions and wrap the Life Coaching concept around it.

Life Coaching involves connecting and bonding, the two most important elements involved in the coaching process. As a client connects with their Coach they will begin to trust them. Trust will cause two very important pieces to come together. First, trust will allow the client to open up and share personal information with their Coach, which will allow the Coach to help the client think of solutions and provide accountability. If you are using a pregnancy center volunteer training manual (Serving with Care and Integrity, Equipped to Serve or the Love Approach are a few) to initially train your volunteers, there is a great section on connecting that you can use to illustrate how to connect with your client and the obstacles to connecting. There is also a communication section that can be used to train your Life Coach Volunteers or have them refer back to these sections if you use these materials.

One of our goals in a pregnancy center is to draw out of our clients who God purposed for them to be and Life Coaching gives us the tools needed to facilitate that process of change. The process of change can be applied to all areas of your client's life, such as improving relationships with family members and partners, to be given skills and tools to be a better parent, to be learn the principles of God and His Word, and to set boundaries and learn how to break destructive patterns in their lives.

What a Life Coach is...

A Life Coach is a person who supports and encourages clients through personal challenges and personal achievement. Wikipedia states, "Coaching is not targeted at psychological illness, and coaches are neither therapists nor consultants." Coaching involves helping another person improve their performance in life.

A Life Coach is a person who comes along another person, to help and facilitate improvement in their lives, finding their own solutions to life's challenges, and reaching their personal goals. A coach uses many different techniques and tools, unique to a particular client to help the process of setting and reaching goals.

A Life Coach will brainstorm and partner with a client, to assist in developing creative ideas and plans, and to motivate and inspire them to achieve their goals. Some of the benefits a Life Coach brings to a client are the coach's ability to help a client focus, stay encouraged, and sustain hope and motivation throughout the Life Coaching process. Life Coaching is a perfect fit for the pregnancy center, as we are assisting our clients in parenting, relational difficulties, financial problems and spiritual growth.

Coach Deanna, Hope for Women.org, "[Benefits of Coaching](#)", (online) 2007, hopeforwomen.org states that Coaching...

- **Builds** a safe place to share and find answers to life challenges.
- **Encourages** the client through hope, purpose, and accountability.
- **Supports** the client in replacing destructive or defeating behaviors with those that build up, encourage, and inspire.

S.M.A.R.T. GOALS

Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak and esteem to all” - George Washington

One of the greatest tools you will have in your Life Coaching program will be helping your client set goals for their life. It is a fact that when a person begins to set and accomplish goals, even small ones, it raises their self-confidence. Some of our clients have never had anyone help them think out what they want in life, or how to get to the next step. Many of our clients have amazing dreams and ideals of where they would like their lives to go in the future, but have no idea of how to even start down that path.

Many of the goals our clients may need or want to set will seem very small or simple to us but to them this could be a huge step. Just to see they can do it. Many of our clients lack role models, have been in abusive situations or have no vision for their lives. It says in scripture that without a vision a person will perish. S.M.A.R.T. Goals is a small tool that can begin to give your client new hope and vision for their life.

(The following information was taken from, Kim Nishida, “[Are your Goals S.M.A.R.T.](http://readytoevolve.com/Kim.htm),” (online), readytoevolve.com/Kim.htm)

Specific

- What exactly do you want to accomplish?
- How will you know when you have accomplished your goal?
- What are the benefits?

Measurable

- How will you track your progress?
- How will you know you have reached your goal?

Action-Oriented

- What action steps are involved?

CREATING A LIFE COACHING PROGRAM IN YOUR CENTER

“I have brought you glory on earth by completing the work you gave me to do.” - John 17:4

Whether you are starting a new Long Term client program, or converting an older program into the Life Coaching model, these steps may help you to capture what it is you as an individual center want that to look like. As stated earlier in this workbook, I believe the best Life Coaching program is going to have a combination of one on one Life Coaching and groups. Some of your clients may need both individual care and group support and some may just need the group. A lot of that decision will hinge on whom you decide is your target client. We will now work through six steps to developing or converting to a Life Coaching program.

Step 1 – Identify Your Target Client...

There are many factors that will come into play as you assess who your target client for the Life Coaching program will be. The most important of those being, what the mission statement is for your center. Some pregnancy resource centers feel called to help every woman in a pregnancy situation whether it is a crisis, or not, whether she is married, or not, and whether she has a lot of support, or not. Some center’s mission is to reach out and help the abortion-minded, or vulnerable, client only.

At the center I worked at, as I stated earlier, we began to see a lot of woman who were not abortion minded, or vulnerable, but had a lot of financial concerns. We began to be overwhelmed with referrals from all the agencies that help pregnant women in general. When we decided to convert to a Life Coaching model, one of the first areas we had to address was, who is our target client? In our case we went back to why the center was created and what our mission statement was. Our

What A Life Coach is...

- **An Encourager**
- Question Asker
- **Accountability Partner**
- Challenger
- Discipler
- Role Model
- **Boundaries Coach**
- **Victory Celebrator**
- **Client-Led Leader**
- **Minister of the Gospel**

A Life Coach...

- Builds a safe place to share and find innovative answers to life challenges.
- Encourages the client through hope, purpose, and accountability.
- Supports the client in replacing destructive or defeating behaviors with those that build up, encourage, and inspire.
- Teaches healthy communication, boundaries, and conflict resolution in relationships.
- Is Important for walking through life transitions such as parenting, life decisions, relationships and career.
- Creates a setting to develop goals matched with specific action steps and accountability.
- Builds and develops independence, not dependence on a person or program.

What life coaching is NOT...

Coaching is not therapy, counseling, advice-giving, mental health care, or treatment for substance abuse. The coach is not functioning as a licensed mental health professional, replacement for counseling, treatment for mental illness, recovery from past abuse, or other professional services

A Life Coach is NOT a :

- **Best Friend**
- **Rescuer**
- **Fixer**
- **Problem solver**
- **Savior**

A Biblical Life Coach...

- Acts 4:36 (NLT) "For instance, there was Joseph, the one the apostles nicknamed Barnabas (which means "Son of Encouragement"). He was from the tribe of Levi and came from the island of Cyprus."
- Acts 9:27 (MSG) "Back in Jerusalem Paul tried to join the disciples, but they were all afraid of him. They didn't trust him one bit. Then Barnabas took him under his wing. He introduced him to the apostles and stood up for him, told them how Saul had seen and spoken to the Master on the Damascus Road and how in Damascus itself he had laid his life on the line with his bold preaching in Jesus' name."
- Acts 11:23,24(NLT) "He arrived and saw this evidence of God's blessing, he was filled with joy, and he encouraged the believers to stay true to the Lord. 24 Barnabas was a good man, full of the Holy Spirit and strong in faith. And many people were brought to the Lord."