

## **What is Coaching?**

**Coaching is a creative partnership that guides people\* into God's dreams for the world.**

This rather audacious statement is the purpose statement of coaching that we are using in POV. It contains several important elements that describe coaching;

### **Coaching is creative**

- Coaching enables the person or group being coached to think things they've never thought, to say things they've never said, to dream and vision in new ways in a safe and encouraging environment.
- Coaching relies on the power of the Holy Spirit to work within the relationship to enable people\* to be transformed.

### **Coaching is a partnership**

- Coaching is an intentional relationship between a skilled person; an individual, group, congregation, or community; and God.
- The relationship has a purpose agreed on by both parties—the purpose may be a specific issue, problem, or area of life or as general as all of life with shifting areas of focus.
- The coach is a companion who establishes a process, holds the vision of creative transformation, and helps the person/group being coached to maintain focus.
- The person/group being coached is expert in their own life/lives and establishes the agenda and direction for the coaching.
- Coaching uncovers the other's brilliance—their own wisdom, courage, hope, and strength—and to see in themselves the image of God.

### **Coaching guides others**

- The coach is totally committed to love and service of the other person.
- The coach offers process, guidance, encouragement, and resources to enable others to move forward.

### **Coaching is movement into a new state of being**

- Coaching is future oriented; less interested in “why” a situation exists than in “how” a new state can be established.
- Coaching is action oriented, establishing action plans and helping the other monitor progress in living out those plans.

### **Coaching is about God's dreams**

- The coach believes that many of our hopes/dreams/desires are planted by God.
- Coaching helps people sort through their desires to discover those that are inspired by God and then to find ways to fulfill them.

### **Coaching is about the person and the world**

- The focus of coaching is totally on the person being coached. They receive undivided attention of the coach, both in-between as well as during sessions. It truly is “all about me.”
- Inevitably, the person/group being coached recognizes that their own transformation leads them into the transformation of others and the world and coaching becomes “all about me...and God's world.”
- The person/group are empowered to reach out and participate in God's world in new ways and with new purpose.

\*individuals, groups, congregations, communities