

Clarity * Conviction * Courage

CLARITY

The first aspect of individual coaching is about helping you obtain clarity.

Individual coaching:

- affords you the opportunity to consider the challenges and/or opportunities you're facing, ascertaining the ones that need your attention.
- addresses and keeps the current situation in the perspective of a longer-range view and vision.

Coaching creates:

- an opportunity to see your situation through a new lens. Sometimes simply gaining a new perspective to a situation can open up new opportunities.
- breakthrough ideas for life-giving responses.

Benefits you might receive from coaching could include clarity on things such as:

- Vision
- Values
- Goals
- Next steps
- Mindsets
- Priorities
- Time wasters
- Energy givers
- Motivators
- Resources needed
- Support systems required

The clarity component of coaching asks questions such as:

- What is derailing you?
- How might you be contributing to a challenge (without even realizing it)?
- Who the key players are in a circumstance (and who they are not)?
- What environments are exacerbating the issues or promoting life?
- What motivates, spurs you on, supports you in your life?
- Where do you *really* want to go, in consideration of your own vision and values?

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CONVICTION

Once you have clarity about what you're facing and where you want to go, you can then work with your coach to ensure that possible actions are congruent with your personal values and aligned with the Truth.

Moving into this space is what we, at Way of Life Coaching, call conviction. Life Coaching can help you nail down your values and articulate those things that are important to you so that you begin to operate in greater congruency with who you are and Who God is!

Having thus obtained clarity, you can now move into greater conviction, a process that may include the following:

- Assessing what to focus on, what to put on the back burner and perhaps even, what to ignore or get rid of!
- Celebrating failure as a means of learning from the past and responding better in the future.
- Evaluating whether your former responses align with your present values.
- Receiving insight and observations from an objective party who values Truth.
- Gaining Biblical and Godly perspectives on your problem.
- Re-affirming your goals and values.
- Brainstorming possible solutions to determine whether there might be other options not yet uncovered.
- Reviewing worst-case scenarios, which often reveal that even the worst case is still not too daunting.
- Considering what will motivate you to change, and choosing those options rather than possible solutions that do not include intrinsic motivators for you

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COURAGE

Now that you have clarity about the issues you are facing, and conviction regarding desired change, you need the courage to step into more abundant living!

Your life coach will come alongside you to help you move from focusing on the problem to seeing the possibilities and opportunities.

Your coach will also support you as you execute your determined changes.

In the context of individual coaching, taking courageous action to promote change can involve:

- Mapping out a long-term plan.
- Developing workable small steps.
- Enlisting the support of key players.
- Advance assessment possible obstacles.
- Envisioning the preferred future.
- Reviewing the best possible choices from all your available options.
- Making decisions about actions you will take.
- Role-playing with your coach to plan how you will carry out your determined course of action.
- Setting personal deadlines.
- Receiving accountability from your coach.
- Follow up and adjustment based on data that comes from trying new approaches.