



Introduction to Coaching

I) Starting Point

- A. Welcome
- B. Module Topics
 - Module 1 Listening Styles
 - Module 2 Your Essence
 - Module 3 100% Responsibility
 - Module 4 Desert Lies
 - Module 5 Barriers
 - Module 6 Heartland
 - Module 7 Moving into the Heartland
 - Module 8 Self Care
 - Module 9 Goal Setting
 - Module 10 Time Redemption
 - Module 11 Coaching Only
 - Module 12 Celebration!

Key:

- Clarity of Mind
- Conviction of Heart
- Courage to Act

C. Module Content

Modules may include some or all of the following:

1. Pre-work
2. Module Content
3. Handouts
4. Recap and Summary
5. Scriptures (New American Standard Bible - NASB)

D. Coaching Agreement Review

1. Confidentiality Statement
2. Communication Guidelines
3. Missed Meetings

Big Ideas

A big _____ is _____
as big as you _____ it.

Notes

Communication Guidelines

1. No drama.
2. No fixing - ask questions:
 - a) come from CURIOSITY
 - b) end with a question mark
 - c) refrain from giving advice
3. Listen "for" not "to."
4. Note symptoms.
5. No "I'm sorry."
6. PRAY together.



- E. Communication Guidelines
 1. No drama
 2. No fixing - ask questions:
 - a) Come from a place of CURIOSITY
 - b) All inquiries end with a question mark
 - c) Refrain from giving advice
 3. Listen "to" the person, not "at" the person
 4. Note symptoms
 5. No "I'm sorry"
 6. PRAY together

F. Tools

If small group/large group combined format follow these instructions:

1. Prep Form (downloads)
 - a) Complete 24-48 hours BEFORE session
 - b) Send via email to:
 - (1) Coach
 - (2) Coach facilitator
 - (3) Small group (if desired)
 - c) Use the electronic form that will be sent to you
 - d) Optional: Keep a copy in your notebook
2. Summary Form (downloads)
 - a) Complete within 1-3 days AFTER the session
 - b) Send via email to:
 - (1) Coach
 - (2) Coach facilitator
 - (3) Small group (if desired)
 - c) Use the electronic form that will be sent to you
 - d) Optional: Keep a copy in your notebook

Login ID: _____ Password: _____

Big Ideas

Notes

7 Step Shift

1. Note symptoms.
2. Identify the lie.
3. Will I tolerate the lie?
4. If not, confess and ask for truth to replace the lie.
5. Recite the truth (the Word of God).
6. Ask God to reveal one small step towards truth.
7. Take the step.



F. Tools (continued)

If small group meeting is on a separate day than large group then follow these instructions:

1. Use Summary-Prep Form
 - a) Complete 24-48 hours after large group session
 - b) Send via email to:
 - (1) Lead Coaches
 - (2) Coach facilitator
 - (3) Small group (if desired)
 - c) Use the electronic form that will be sent to you.
Also available on the PLL member area of website.
 - d) Optional: Keep a copy in your notebook

G. What do you want to get out of this group?

Big Ideas

Notes

Communication Guidelines

1. No drama.
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 - c) refrain from giving advice
3. Listen "for" not "to."
4. Note symptoms.
5. No "I'm sorry."
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II) Coaching Versus _____

III) Accountability to the roadmap _____ has laid out for _____ !

A. Psalm 16 (see Scripture, page 11)

B. Key Verse: Psalm 16:5-6 (NASB)

⁵The LORD is the portion of my inheritance and my cup; You support my lot. ⁶The lines have fallen to me in pleasant places; indeed, my heritage is beautiful to me.

What is God stirring in you? _____

C. Psalm 19:7-14 (see Scripture, page 11)

D. Key Verse: Psalm 19:14 (NASB)

¹⁴Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my Redeemer.

What is God stirring in you? _____

Big Ideas

Notes

7 Step Shift

1. Note symptoms.
2. Identify the lie.
3. Will I tolerate the lie?
4. If not, confess and ask for truth to replace the lie.
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IV) Closed Listening

Purpose: Begin recognizing and noticing listening styles that hinder relationships.

Examples of Closed Listening Styles:

Listening Style	People Group	Me	Others
<ul style="list-style-type: none"> • Know it all • Must see it to believe it • Aristocratic considering others to be 'beneath' them • Logic rules 	<p>Sadducees <i>Only believed in the first five books of the Bible. Denied resurrection, angels or spirits. Caiaphas was a Sadducee.</i></p> <p>Scripture: <i>Matthew 16:1,4,6,11,16</i> <i>Luke 20:27</i> <i>Acts 5:17, 23:8</i></p>		
<ul style="list-style-type: none"> • Steam Roller • Controlling • Give Orders • Avoid conflict through directive approach 	<p>King Herod 73-4 BC <i>Pro-Roman King of Israel. Not truly independent. Crown achieved through bloodshed, power established through foreign weapons from Rome. Goal was to keep internal national conflict at bay through domestic policy, while remaining pleasing to Rome and assured of their continued support.</i></p> <p>Scripture: <i>Matthew 2, 14</i> <i>Mark 3, 6</i></p>		
<ul style="list-style-type: none"> • Agenda overshadowed everything • Appearances vs. heart of issue • "Should" and "ought" driven - legalistic • Reputation over character • Self-righteous 	<p>Pharisees <i>(Separatists) They were also known as Chasidim, which means loyal to God or loved of God. They strictly adhered to the law adding many stipulations to laws.</i></p> <p>Scripture: <i>Matthew 5:20</i> <i>Matthew 16:11-12</i> <i>Matthew 23:2-9</i></p>		



Closed Listening

(Continued)

Listening Style	People Group	Me	Others
<ul style="list-style-type: none"> • Naysayer • Pessimistic 	<p>Israelites <i>Descendants of Jacob (whose name was changed to Israel and from whom the 12 tribes came). They are the ‘chosen’ children of God with whom He made a covenant and to whom He gave His Law. (The Mosaic Law is the first 5 books of the Bible, called the Torah by Jews.) Also called “Jews” or “Hebrews”. God was with them, but they often contend with Him during their trials and struggled with disbelief and disobedience.</i></p> <p>Scripture: Genesis 32:28 Genesis 35 Acts 28</p>		
<ul style="list-style-type: none"> • Judgmental vs. judicial • Did not take time to confirm • Pushing opinion on others vs. God’s truth 	<p>Sanhedrin <i>(means “sitting together”) Supreme Jewish religious body in Judea during the Roman period. Ancient court system. Caiaphas was the High Priest of Sanhedrin at the time of Jesus.</i></p> <p>Scripture: John 10:33 Mark 14:63-64</p>		
<ul style="list-style-type: none"> • Hand-washers • Unwilling to put any “skin in the game” • Detached • Fear of man rather than fear of God • “Go along to get along” mentality 	<p>Pilate 26-36 AD <i>Roman governor of Judea. Responsible for the execution of Jesus Christ.</i></p> <p>Scripture: Matthew 27 Mark 15</p>		



V) Open Listening

Purpose: Begin practicing and noticing your listening style and how to _____ relationships instead of _____ them.

God's Truth: _____



CELEBRATE TRUTH		
Key Points <ul style="list-style-type: none"> • Mine for pearls • Respect and honor • Hope for them 	To what degree am I currently celebrating truth?	How might I choose to celebrate truth in at least one instance between sessions?
GUARD TRUTH		
Key Points <ul style="list-style-type: none"> • With passion • Recall/Recite • Use as shield • Do not adopt lies • Re-phrase and ask questions to get to truth 	To what degree am I currently guarding truth?	What one specific way might I guard truth between sessions?
SPEAK TRUTH		
Key Points <ul style="list-style-type: none"> • Make observations • Mirror/Re-state • Speak what is going on for you • State your outlook or perceptions 	To what degree am I currently speaking truth?	What one area might I focus on between sessions to speak truth?
DISCERN TRUTH		
Key Points <ul style="list-style-type: none"> • What are the facts? • How does this reflect God's character? 	To what degree am I currently discerning truth?	How might I shift to enable a deeper discernment of truth between sessions?



Additional Notes

Big Ideas

Notes

7 Step Shift

1. Note symptoms.
2. Identify the lie.
3. Will I tolerate the lie?
4. If not, confess and ask for truth to replace the lie.
5. Recite the truth (the Word of God).
6. Ask God to reveal one small step towards truth.
7. Take the step.



Summary

IV) Major Points/Topics

- A. Welcome
- B. Module Topics
- C. Module Content
- D. Coaching Agreement Review
- E. Communication Guidelines
- F. Tools
- G. What do you want to get out of this group?
- H. Coaching versus Counseling
- I. Accountability to the roadmap God has laid out for you!
- J. Closed Listening
- K. Open Listening

Your key takeaway from this module:

V) Homework

- Complete Summary-Prep Form within 24-48 hours and email to your Coach Facilitator and Lead Coaches.
- Notice which style(s) of listening you use.
- Practice shifting from your “typical listening” into more open listening.
- Notice your symptoms when practicing closed listening.
- What do you notice when you begin to shift to open listening?
- Complete Module 2 pre-work.
- Module 2 is the first of two heavy sessions** after which things will begin to come into focus and all tie together.

What do you think will happen as a result of shifting into open listening?

Big Ideas

Notes

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 - c) refrain from giving advice
3. Listen “for” not “to.”
4. Note symptoms.
5. No “I’m sorry.”
6. PRAY together.





Scripture

Psalm 16 (NASB)

¹Preserve me, O God, for I take refuge in You. ²I said to the LORD, "You are my Lord; I have no good besides You." ³As for the saints who are in the earth, they are the majestic ones in whom is all my delight. ⁴The sorrows of those who have bartered for another god will be multiplied; I shall not pour out their drink offerings of blood, nor will I take their names upon my lips. ⁵The LORD is the portion of my inheritance and my cup; You support my lot. ⁶The lines have fallen to me in pleasant places; indeed, my heritage is beautiful to me. ⁷I will bless the LORD who has counseled me; indeed, my mind instructs me in the night. ⁸I have set the LORD continually before me; because He is at my right hand, I will not be shaken. ⁹Therefore my heart is glad and my glory rejoices; my flesh also will dwell securely. ¹⁰For You will not abandon my soul to Sheol; nor will You allow Your Holy One to undergo decay. ¹¹You will make known to me the path of life; in Your presence is fullness of joy; in Your right hand there are pleasures forever.

Psalm 19: 7-14 (NASB)

⁷The law of the LORD is perfect, restoring the soul; the testimony of the LORD is sure, making wise the simple. ⁸The precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes. ⁹The fear of the LORD is clean, enduring forever; the judgments of the LORD are true; they are righteous altogether. ¹⁰They are more desirable than gold, yes, than much fine gold; sweeter also than honey and the drippings of the honeycomb. ¹¹Moreover, by them Your servant is warned; in keeping them there is great reward. ¹²Who can discern his errors? Acquit me of hidden faults. ¹³Also keep back Your servant from presumptuous sins; let them not rule over me; then I will be blameless, and I shall be acquitted of great transgression. ¹⁴Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer.



