



What to Expect from a Coach

By Chris Holmes

1. **Coaching is not counseling or consulting.** There is a time for counseling about life issues you are facing. There is also a time for specific consulting help. Coaching is different but complementary with the other two. Coaching is focused on possibilities you have and is not dependent on the coach's wisdom and experience. The coach seeks to bring forth the innate God-given wisdom and experience of the person being coached.
2. **Expect to be pushed.** Solid coaches challenge you to be your best. Sometimes your coach will affirm and celebrate parts of your life and the things that God is doing through you, but your coach will also "call you out" and push you in areas you may be missing. Truth-telling is crucial in the coaching relationship. Coaches are trained to self manage their own issues so the focus stays on your life and ministry, and you receive the most benefit from the coaching interaction.
3. **Coaching is action oriented.** What distinguishes coaching from an average conversation is that it stays highly focused, and it moves you toward action in some area of your life. It is not coaching if it doesn't move you forward toward your goals.
4. **Coaching is about performance and fulfillment.** Most coaching is the process of "coming along beside you" in a purposeful way to increase both fulfillment in your personal life and performance in your ministry. Success in these two areas is usually closely tied to each other.
5. **Put what you learn about coaching into practice.** After experiencing coaching, you will want to use coaching skills in your ministry with others in the church. You will find yourself incorporating skills such as focused listening, asking powerful questions, and holding persons accountable.
6. **Coaching is an investment in becoming your best self.** Your best self is what God intends for your life. If you are serious about fully burgeoning in all the ways that God intended when God created you and called you into ministry, consider selecting a Christian coach who will come alongside you to help you identify and live further into the rewarding life and consequential ministry that God intends for you.

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