

THE COACH – Training Overview

THE COACH training focuses on equipping individuals and couples to coach and disciple others one-on-one. Each believer is called to “go and make disciples” (Matthew 28:19) – but exactly how is this accomplished? “The Coach” training shows you how to create safe environments to help others grow spiritually. Unlike other forms of discipling, The Coach training focuses on asking questions, rather than telling others what to do, in order to assist individuals in discovering God’s Truth that will set them free. The Coach training is based on the fact that a person’s value (identity) rests in Christ. Each week the trainer will teach the lessons and then experientially practice by using the Freedom Pyramid.

SESSION 1: B-T-E-A (BELIEFS – THOUGHTS – EMOTIONS – ACTIONS)

Session 1 provides the building blocks for spiritual growth. Jesus explains that healthy fruit (actions) are a result of healthy roots (beliefs). For authentic transformation to occur it is critical that each individual being coached understands that correct beliefs in God’s Truth are the impetus for changes in one’s thoughts and emotions and eventually actions. This is the process of moving toward holy living (sanctification).

SESSION 2: SUPPORT WITH THE 5 STEPS

Session 2 teaches the coach how to build trust and provide a supportive coaching environment. The goal is for God’s Truth to be revealed by God to the person being coached – not by the coach. Accordingly, the training teaches coaches to disarm, extend empathy, ask questions, confront reality, and encourage each individual being coached in order to create an environment of discovery rather than compliance – an inner transformation rather than outward behavior modification. Jesus was the master of creating safe and trusting environments with people he personally coached – his disciples.

SESSION 3: ASSESSING WILLINGNESS

Session 3 focuses on assessing willingness of the person coached and is likely the most important step in the coaching process. Jesus assessed willingness when he asked the seemingly obvious question of whether blind Bartimaeus wanted to see. Modern psychological research suggests that an individual’s willingness to change is the most predictive indicator of success. For example, one way to assess willingness is to identify the costs and benefits of certain beliefs that the person holds. Learning how to assess willingness is one of the most important keys to effective coaching.

SESSION 4: FACILITATING DISCOVERY AND EVALUATING EFFECTIVENESS

Session 4 focuses on teaching the coach to “ask the right question” or “head in the right direction” with the conversation in order to help the person coached to discover truth and see reality without trying to fix or tell someone what to do. Some people call these “techniques.” There are dozens of techniques to help people move toward God’s Truth. Jesus’s ingenious use of parables is an example of a technique. Jesus used these parables to nudge people toward God’s Truth.