

SURFACE TO SOUL

Live Well | Lead Well | Coach Well

A Coaching Approach to Transformation



Coaches partner with people in thought-provoking and creative ways that inspire them to maximize their personal and professional potential. Coaching often unlocks previously untapped sources of imagination, productivity and leadership.

"We all have goals we want to reach, challenges we're striving to overcome and times when we feel stuck. Partnering with a coach can change your life, setting you on a path to greater personal and professional fulfillment."

- Jim LaDoux

WHY COACHING WORKS WHEN OTHER APPROACHES DON'T

- Coaching creates safe space for leaders to deal with the most pressing issues in their life.
- Coaching draws out the wisdom, gifts, and resources leaders may have discounted or overlooked.
- Coaching challenges people's currently held assumptions, approaches, attitudes and actions.
- Coaching moves people beyond their comfort zones through taking a series of faithful next steps.
- Coaching helps leaders find better ways to live and lead well by "trying on" new norms and behaviors.
- Coaching helps leaders act on their intentions and be accountable for their results.

WAYS THAT LEADERS USE COACHES

- To learn new ways to manage stress, set boundaries, and learn to say "no."
- To learn new ways to deal with conflict and engage in crucial conversations.
- To assess their leadership style, primary strengths, and what energizes them.
- To develop clear and compelling goals along with plans for achieving them.
- To connect with and collaborate more intentionally with other leaders.
- To increase their awareness of how their words and actions impact and influence others.
- To help paid and unpaid staff develop personal and professional goals.
- To help create healthier teams and address dysfunctional behaviors.

ASK THESE QUESTIONS TO SEE IF YOU'RE READY TO BE COACHED

- Do you know what you want to be different in your life or ministry as a result of coaching?
- Are you willing to change your actions, assumptions, attitudes, and approaches to get better results?
- Are you willing to live out of your commitments rather than your excuses?

WAYS THAT LEADERS CAN MAKE THE MOST OF THE COACHING EXPERIENCE

- List what you want to be different in your life or ministry as a result of coaching.
- List your strengths that you wish to build on through coaching and the habits you want to embed into your life.
- Keep a journal, noting what's working, and what's not working, in your life and ministry.
- Set a consistent schedule with your coach (2-30 minutes sessions/month or 1 monthly 60-minute session).
- Continue to update and interact with your coach between sessions via text, emails, or brief phone conversations.
- Share with your coach what you want to talk about and take away from each coaching session.
- Be prepared to list 1-3 actions steps to take between each coaching session.
- Schedule quarterly "check-ins" with your coach to review your progress, learnings, and the coaching relationship.
- Take advantage of Vibrant Faith's assessment, leadership, and coaching tools to resource your leaders.



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