



*"Once used to bolster troubled staffers, coaching now is part of the standard leadership development training for elite executives and talented up-and-comers at IBM, Motorola, J.P. Morgan, Chase, and Hewlett Packard. These companies are discreetly giving their best prospects what star athletes have long had: a trusted adviser to help reach their goals." -- CNN.com*

## **LIFE IS NOT A GAME, BUT YOU STILL NEED A COACH**

There is a lot of buzz around the concept of Life Coaching in business and ministry today, we'll examine what that buzz is all about and see if and how it can help you, your ministry, business or personal life.

### **WHAT IS LIFE COACHING?**

By definition a coach was a large horse-drawn carriage, but in time it came to mean a vehicle and a method of transporting cargo from one place to another. After that the term evolved into everything from athletics to a hand bag designer. Accordingly, Life Coaching is transporting valuable cargo and keeping it safe. The cargo could be anything from ministry goals to family challenges to goal setting and achieving to getting to the next level in life. A Life Coach blends the best concepts from mentoring, counseling, pastoral ministry, business, sports and spirituality. Although Life Coaching combines skills from other disciplines, it is a unique process designed to help the one being coached.

### **WHY PURSUE A LIFE COACH?**

Let's face it, we all need help. We may need help with church growth, help out of a slump, help in transition of career or ministry, or personal and family help. Many people attend seminars or purchase self help curriculum to try to become better using the latest hyped up fads, but Life Coaching provides what others cannot. Life Coaching is personal, one on one, goal oriented and success driven. It delivers personal results from a personal relationship.

### **HOW TO OBTAIN AND GROW WITH A LIFE COACH?**

There are many companies offering coaching although they vary in their methodology, market, cost and outcome. Some are religious based, some focus only on the corporate executive, while still others are curriculum driven or group focused. Since there are so many offers for coaching, the best fit is the one that fits your situation and desired outcome. The savvy youth worker would want to choose local, professional, coaching that offers individuality, personalization and success.



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