

Second Wind Coaching Contract

Second Wind Coaching Contract

Welcome!

*I am delighted you are considering me to be your Coach. I look forward to coaching you toward discovery and creating the changes where God is guiding you – by your deep desire and His grand design. God is in the business of blasting boxes- removing the lines we erroneously draw that limit our perspective, dimensions in life and time frames. On a business note, I have pulled excerpts from **Christ-Centered Coaching by Jane Creswell** to familiarize you with the field of coaching. If you have any questions, please feel free to ask me.*

- 1) In coaching we assume health. You have untapped potential God placed in you to be discovered and developed. You have inherent strengths. A coach is a thought-partner to join you in finding the answers to your challenges or transitions. Coaches do not have your answers. You won't necessarily learn *from your coach but because of your coach.*
- 2) In coaching we move from the present to future. Counseling involves the past. The coach is not a counselor or consultant. We do not advise. We listen and ask **discovery** questions that produces learning. We validate and encourage.
- 3) "Where are you and where do you want to be?" Coaching exists in the present and for the future. *You will build* awareness, clarity, focus and confidence in your life based upon your God-given strengths and discoveries. Where does God want you to go?
✚ A coach will *help you* make simple plans and head that direction.
- 4) **Clarity** enhances your God-given strengths and what you are best suited to do in the Kingdom. Clarity helps you choose what is best for your life.
- 5) The purpose of finding **focus** in your life is to take constructive action, actions that make you feel productive and that you are attaining God-given goals in your life.
✚ Focus points you to take action, *just as the reason you focus a camera is to take a picture.* You can move forward only through **intentional progress.**

- 6) **Learning** based on internal knowledge is retained at 60-80%. Once gaps of information are discovered by you, required external knowledge can be applied to solve problems. Joining internal to external knowledge catapults learning to awareness and action.

99999999

Our goal in coaching is that you actually develop habits and new patterns of behavior based on your plans to achieve your God-given goals. Therefore at the end of each session you will be expected to state at least one measurable goal. You will be accountable to yourself to accomplish before the next session.

Value yourself enough to have personal goals and keep your promises to yourself. **How do you assign to do's to yourself and ensure you keep them?**

99999999

Foundations:

- ✚ God has a plan for you. Hope, riches and the power of the Holy Spirit are at your disposal (Ephesians 1:18-21)
- ✚ You are wonderfully made. (Psalm 139:14-16)
- ✚ Discovering your strengths is foundational for your joy in life. Only when you operate from your strengths (inherent and may be hidden) and not just your skills (learned through experience or education) will you feel fulfilled and centered in life.
- ✚ **Strengths** are all the gifts, talents, skills, personality traits, cognitive preferences - characteristics that contribute to making you a unique creature in God's image.
- **Lack of confidence looks like:** hesitancy, second-guessing, analysis paralysis, neediness, bumper cars, excessive comparison to others.
- **Confidence looks like:** constant experimentation, noting ways to improve, adjust or reimplement them, attracting others to join you, a race car.

What one thing can you do to maximize what the Master has given you?

- God will renew your strength (Isaiah 40:31)

What old things need to pass away and what new things need to appear?

- You are a new creation. (2 Corinthians 5:17)

What storybook, movie or scriptural character best describes you now?

- God will renew a right spirit within you. (Ps.51:10)

What would your life look like if you were where you want to be?

Agreement:

- ✚ You will be accountable to yourself for your progress. Each week you will state one or more action plans for forward movement
- ✚ Two 30- 45 minute sessions per month/ phone coaching. The coachee is responsible for calling our preset appointment.
- ✚ Courtesy call 24 advance cancellation expected. I will call 5 minutes after start time if I have not heard from you.

Dee's cell phone: _____ * given upon acceptance

Initial contact per email : deespain@deespain.com

- ✚ All that is shared between us is strictly confidential. If however you share a situation that is potential endangering to yourself or another person I am required by law to inform the correct authorities.

Coachee _____

Coach _____ **Date** _____