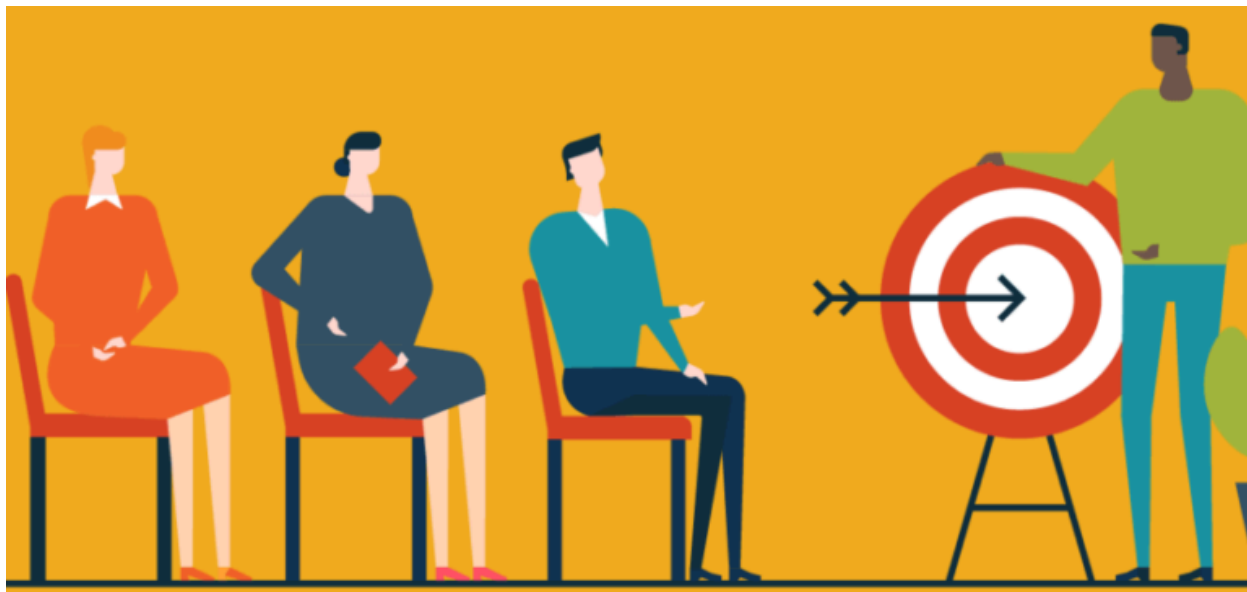




How Can Coaching Benefit Me?

While some pastors and church leaders have had a coaching experience, not all have. And some who have had what was referred to as coaching, was not actually coaching and/or was not a favorable experience. So, how do you know if coaching is right for you? Additionally, how can coaching actually benefit you?

First, it is important to understand that coaching is distinctively different from counseling, consulting, and mentoring even though the terms are sometimes used interchangeably. Here is a brief definition of the four terms:

- **Consultant** - An expert who diagnoses a problem and prescribes a solution
- **Mentor** - Guidance offered to a mentee along a path from their experiences and learning
- **Counselor/therapist** - A trained professional who helps a patient recover from a pain or dysfunction often arising from the past
- **Coach** - Partners with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential

Unfortunately, because being a coach is somewhat trendy, people have self-proclaimed themselves as a coach without any formal coaching training. Since they had no training, they were not aware that they were in reality providing

consulting or mentoring services. No wonder people are confused about what coaching is! Furthermore, coaching has been used for punitive purposes rather than development purposes particularly in the church world. Coaching was imposed by their judicatory leader on a pastor due to something not going well (i.e. performance or conflict) where the agenda (fix said “problem”) is set by a third party (judicatory leader) and the pastor did not enter the coaching relationship voluntarily. This coaching situation hardly ever goes well!

Healthy coaching begins where the coachee seeks out the coaching because of the value coaching is known to have and a desire to invest in coaching with both time and resources. Next, the purest form of coaching is when the coachee sets their own agenda and pathway for self-discovery. The coach is not the expert, but a partner in the journey asking probing questions and evoking a coachee’s deeper self-understanding. Good coaching extends far beyond the end of the coaching session.

What are the benefits of coaching? In recent studies, here is just a sampling of the benefits discovered about coaching:

- 99% of individuals who hired coaches were satisfied or very satisfied with their coaching experience
- 80% reported an increased self confidence
- 70% reported an improvement in work performance, relationships, and communication
- 3X more people lose weight working with a coach compared to other methods
- 61% reported an improvement in their business management skills
- 67% reported an improvement in work/life balance
- 149% reported an increase in resilience
- A case study on women leaders who participated in coaching showed that leadership coaching can improve: self-awareness, self-confidence, self-leadership, leadership style, as well as their relationship to power, conflict, and personal life
- A survey of 100 executives showed that the average ROI of executive coaching was almost 6x the cost of coaching

Above all, here are the more immeasurable benefits of coaching that my coachees report:

- A scheduled time to step away from the whirlwind of activity and step onto the balcony to take a sweeping view of your world to make intentional and strategic course mapping and/or correction to live the best possible life
- To be in a relationship where another is fully present with you and for you, listening with your best interest at heart with no judgement, wanting the very best for you, but also not allowing you to step over or ignore anything that needs attention allowing you to develop into the very best version of yourself
- A set aside time to determine your current reality, your desired destination, and help you discover a pathway to narrow the gap between the two

Coaching is a developmental process. It is a journey of discovery. Coaching helps further develop the skills, talent, knowing, and intuitions already inherent in you. Coaching builds your own self-awareness which is a basic building block for better relationships of any kind. Coaching is an investment in you - in your own self development!

While there are many more benefits of coaching, hopefully this has provided you with a deeper understanding of what coaching is (and what it isn't) and the benefits coaching offers. When you are ready to invest in your next level of self development and become the next best version of yourself as a person or a leader, I hope you will consider a complimentary coaching session with me to determine if we might be a good fit.