



LIFE COACHING WELCOME PACKET

Greetings,

We are so excited that you are taking the step to work with a life coach! We believe that it is God who put this on your heart that He will use this experience to help you move closer to the center of His Kingdom and to become more of the person he created you to be.

This welcome packet is designed to help you understand what to expect from coaching and to facilitate a strong start to what I anticipate will be a valuable coaching experience.

WHAT TO EXPECT

Coaching is a great way to continue growing as a follower of Christ in all areas of life, here's what you can expect from working with a life coach:

1. Coaching is **not** therapy, counseling, advice-giving, mental health care, dealing with the past, or treatment for substance abuse.
2. Coaching is for people who are basically well-adjusted, emotionally healthy, functioning effectively, and want to make changes in their lives.
3. You will meet with your coach up to four times for about an hour each to work together on the life goal you selected from the Transformation Matrix. At the end of four sessions you are encouraged to reapply if you want to continue to work with your coach.
4. Coaching can involve brainstorming, values clarification, the completion of written assignments, education, goal setting, identifying plans of action, accountability, making requests, agreements to change behavior, examining lifestyles and questioning.
5. Coaching is most effective when both parties are honest and straightforward in their communications.
6. Coaching is a confidential relationship and the coach agrees to keep all information strictly confidential, except in those situations where such confidentiality would violate the law.
7. Coaching is a free service for members of Flatland. However, please treat every meeting as you would a paid appointment with a professional and show up for all scheduled meetings. Our coaches are typically very busy, so please make a point to honor their time. There are of course occasional situations where cancelling is unavoidable. In those cases, please notify your coach as soon as possible to reschedule.

GOAL SELECTION

Please identify one (or up to three) life goals from the Transformation Matrix that you want to potentially work on with your coach. Keep in mind that you will focus on only one life goal and your life coach can help you narrow it down if necessary. Underneath each goal, provide a short description of the results you'd like to see occur in this area of focus.

For example...

Goal: Time Management.

- Result: I have a system to follow up on calls and e-mail
- Result: I am more productive at work
- Result: I spend more quality time with friends and family

Goals: Spiritual Formation

- Result: Create a family tradition of spending time together with Christ
- Result: Outline what spiritual leader is and define my role in that
- Result: Implement plan or strategy to stay focused on Christ when times are tough and there's limited support for that at home.

GOAL 1

- Result
- Result
- Result

GOAL 2 (Optional)

- Result
- Result
- Result

GOAL 3 (Optional)

- Result
- Result
- Result

COACHING PREP FORM (Optional)

To get the most out of your coaching sessions, take a moment to fill this form out and email it to your coach prior to each session.

THE SUCCESSES AND WINS I HAVE HAD SINCE OUR LAST SESSION

CHALLENGES I'VE EXPERIENCED AND HOW I'VE HANDLED THEM

BIGGEST CONCERNS I AM FACING RIGHT NOW

SHIFTS OR NEW AWARENESS I'VE EXPERIENCED

ACTIONS I'M READY TO TAKE OR OPPORTUNITIES I'M READY TO PURSUE

THE OUTCOME I WANT FOR THIS COACHING SESSION

FEEDBACK I WANT TO GIVE MY COACH