

**The Christian Coach Toolbox**  
***A Foundation in Christ centred Coaching***  
**On-line Programme**

**Aim**

To equip with a scripturally based approach to coaching and coaching conversations for professional life, practice or service.

*“And let us consider how we might spur each other on towards love and good deeds....let us encourage one another....” Hebrews 10:24-25*

**Outcomes**

At the end of the programme participants will:

1. Have a Biblically rooted approach to helping themselves and others find and follow God’s purposes in the choices, challenges and opportunities of organisational life.
2. Have deepened their authenticity and impact for God in whatever spheres of professional life and influence they operate.
3. Be part of a growing network of coaches operating from a faith based perspective and taking the approach into the settings in which they operate to release Christian impact – their own and that of others.

**Session 1 & 2:**

*“And let us consider how we might spur each other on towards love and good deeds....let us encourage one another....” Hebrews 10:24-25*

- What is coaching and how scriptural is coaching?
- Introduction to CROSS coaching methodology
- Building spiritual rapport; Mind-set of the Christian coach
- Exploration of key scripturally based techniques: Silence, Listening.
- Personal Learning Log and buddying for reflective practice throughout the programme.

**Session 3 & 4:**

*“So I run straight to the goal with purpose in every step.....” 1 Cor. 9:26*

- Goal setting ‘In Christ’.
- Illuminating Questions
- How do we ‘hear’ God? Presence and power of the Holy Spirit; the Word of God

- Faith in Action and action in faith; Overcoming barriers through challenge.

#### **Session 5 & 6:**

***“But when he, the spirit of truth comes, he will guide you into all truth.” John 16:13***

- Facilitating choice
- Exploring barriers; fear, doubt and circumstances; spiritual warfare
- Thought and language; limiting and empowering beliefs.

#### **Session 7 & 8:**

***“Come let us reason together, says the Lord.” Isaiah 1:18***

- Skills development: Exploring explicit and implicit Questions
- Metaphor; Using biblical stories, characters, and wisdom
- Coaching as discipleship; role and nature of coaching and mentoring.

#### **Session 9 & 10**

***“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10***

- Wheel of Christian life
- Personal Identity, Values , life learning and strengths
- Identity in Christ and its strengthening.

#### **Session 11 & 12:**

***“As a prisoner for the Lord, I urge you to live a life worthy of the calling you have received.” Ephesians 4:19***

- Barriers and overcoming them in and through Christian life
- Application of learning in sacred and secular contexts
- Preparing to coach others: Conversational openings, 1-2-1 Contracting
- Review and Action Planning.

Participants are offered the following learning and development opportunity through the programme:

Learning Experience	Duration per session	Total
12 x live on-line learning sessions Saturdays 2-5pm	12 x 3 hours	36 hours
Personal study/exercises in between sessions. <i>including reflection and recording of learning.</i>	12x 2 hours per topic personal	24 hours
Buddying for 4-6 sessions of tracked co-coaching, towards up to 3 goals. <i>Including reflection and recording of learning</i>	6x2 hours coaching + 2 hours as coachee).	24 hours
<b>TOTAL COACH LEARNING AND DEVELOPMENT HOURS.</b>		<b>84 hours</b>

*Submission and peer review of the Learning Log (evidence of module and development exercise learning) and final programme reflection, confers the status of KingsCompass Accredited Coach.*

#### Fees

Participant	Full Fee	On-line Introductory Fee
For profit (Commercial) Organisation	£948 ( <i>£79 per session</i> )	£708 ( <i>£59 per session</i> )
Not for Profit, Charity, Church staff/volunteer	£828 ( <i>£69 per session</i> )	£588 ( <i>£49 per session</i> )
Self-funding individuals	£708 ( <i>£59 per session</i> )	£468 ( <i>£39 per session</i> )
<i>Note: Fees are payable in advance in two parts (Session 1 – 6 &amp; 7 – 12).</i>		

*We are committed to providing high quality training at an affordable cost. Further bursary support towards fees may be possible for self-funding individuals should fees be too stretching and there is good reason for participation.*

***“For we are god’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians, 2:10***

#### Feedback from past participants:

*“An excellent resource helping integrate the insights of coaching and Christian faith. Especially helpful to those who identify with the Jesus, who want to listen well, ask powerful questions and are passionate about helping unlock their God given potential.”*

*Rev. Keith Mobberley, Rector, Holy Trinity Church, Hatton, Spirituality Advisor, Diocese of Coventry and Warwickshire.*

“I loved the interweaving of coaching principles with Scripture. For me, it really brought the Word of God to life in my own life as well as providing inspiring ideas for coaching others. It was more than worth the money!”

*Pat McCarry, Independent Professional Coach, Former Director of Professional Development, UK Elite*

“What the Toolbox adds is the dimension I have always felt is missing from secular coaching, that is spiritual insight grounded in scripture.....there has been an enrichment of my secular coaching practice. I will be recommending this five session course as a personal development tool, or a tool to use in discipleship. I believe that anyone involved in leadership in a Christian context would find these five of the best-spent days of their lives.”

*Colin Briffa, Probation Service, Knights Meadow Church.*

“Carole teaches us a way of working that is biblically sound, wise, gentle, respectful and challenging, that gets amazing results. “

*Sean Kennedy, Founding Director of the Refuel Network, Personal Performance, Leadership and Life Purpose Coach, Author ‘church ‘Uncorked’(2015)*

“Helped my relationship with God and gained a new skill set. The days have been quality time with God..... the course is a real blessing.”

*Caroline*

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coaching academy  
licenced trainer

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