

Certified Biblical Life Coach Session Overview

Introduction to Life Coaching

- What is Christian Life Coaching?
- Coaching versus Other Methods
- The Benefits of Life Coaching
- Our Coaching Competency Creed
- Qualifications of a Good Coach
- Qualifications of a Good Client

Core Coaching Competencies

- Active Listening Skills
- Attitudes, Skills & Choices
- Obstacles to Listening
- Coaching in the Gap
- Asking Powerful Questions
- Standard Coaching Techniques

Biblical Identity Coaching

- Understanding Personal Identity
- Positional Identity Theft
- Biblical vs. Secular Worldviews
- Getting a God-Sized Perspective

Personal Values Coaching

- Living a Values-Driven Life
- Ownership of Values
- A Coach's Own Values
- Values-Driven Coaching
- A Core Values Assessment

Life Purpose Coaching

- Discovering Our Uniqueness
- Coaching Around Life Purpose
- Self-Discovery Gifts Toolbox
- Motivators or Motivational Gifts
- Passion Indicators & Exercises
- Reading Your Life Backwards
- Giving Permission to Dream
- Vision & Mission Statements

Obstacles & Margins Coaching

- Primary External Barriers
- Primary Energy Drainers
- Assessing Life Balance

- Primary Internal Barriers
- Getting Past the Barriers
- Coaching Through Change

Renewed Mindset Coaching

- The 4-Point Life Matrix
- Importance of Mindset Coaching
- The Power of a Life Lie
- The Power of Biblical Truth
- Coaching Through False Beliefs

Choices & Goals Coaching

- Philosophy of Choice
- The Power of a Decision
- Our Choice Processes
- Questions for Change
- The Power of Incremental Change
- Intelligent Goal Setting
- Strategic Action Steps

Powerful Questions & Assessments

- Powerful Question Charts
- Client Worksheets & Assessments
- Goals & Actions Planner
- Personal Client Coaching Plan

Coaching For Results

- Real-Life Coaching Scenarios
- Coaching Forms & Documents
- Access to Practice Building Training
- Membership in the Biblical Coaching Alliance