

Comprehensive Christian Coach Handbook

Essential Guide to
Spirit-Led Coaching
and
Business Success



**SECOND
EDITION**

Leelo Bush, Ph.D.

Comprehensive Christian Coach Handbook

*Essential Guide to Spirit-Led
Coaching and Business Success*



By Leelo Bush, Ph.D.

Beautiful Life International, LLC

Cape Coral, Florida© Copyright 2017 – Leelo Bush, Ph.D.

All rights reserved. This book is protected by the copyright laws of the United States of America. This book may not be printed or photo copied for commercial gain. Use for personal or group studies is encouraged and allowed.

All scripture quotations, unless otherwise indicated, are taken from the Amplified Bible, Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission.

Scripture quotations marked “KJV” are taken from the *King James Version* of the Bible with permission. Scripture quotations marked “NIV” are taken from the *New International Version* with permission. Scripture quotations marked “Message” are taken from The Message Bible with permission. Verbatim Scripture quotations are set in italicized type.

Beautiful Life International, LLC – publisher
Cape Coral, FL 33904

www.beautifullifeinternational.com

All rights reserved.

ISBN: 978-0-692-85363-4

What People Are Saying About **Leelo Bush, PhD**



PCCCA has greatly impacted my life because Dr. Leelo Bush is an amazing woman of God, which is quite evident in everything she teaches and stands for. As a Minister myself, I prayed for more wisdom in my counseling style, so that I could impact lives even more. God led me to (Christian life coach training at) PCCCA, where I learned greatly from their (Premier) one-to-one style of coach training. I am a better person with a deeper understanding of my clients' needs and how to help them since I graduated from PCCCA. Also, because of my training with PCCCA my practice has grown tremendously. I admire you and thank you Dr. Leelo Bush for the influence and impact you had on my life. May God bless you always as you continue to touch lives.

~ ***Linda Christine Scarlett, Washington State***

Certified Christian Life Coach, Counselor, Author

I am very excited about Dr. Leelo's certification programs. I am currently enrolled in the Christian Life Coach course and soon will be enrolled in the Christian Counselor Certification. After many months of thoroughly researching various Christian programs, Dr. Leelo Bush and her Professional Christian Coaching & Counseling Academy (PCCCA), won hands down. Dr. Bush's professionalism, genuineness, and knowledge of the appropriate subject matter far exceeds that of any other program I looked into. In addition, her

support system which includes her emails, her Facebook pages and articles/blogs provide necessary and valuable information for success. To be able to see Christ's light shining bright within her inspires me as a new trainee to complete these courses and further set up my own coaching business. I am grateful and extremely blessed to be a part of this program and looking forward to completion. I highly recommend PCCCA to anyone considering enrollment. Thank you.
~ **Elena L. Beal, Colorado**

PCCCA is an awesome academy of excellence that offers training for those who know they are called to help others. The training has increased my level of excellence personally and has given me the ability to build a successful coaching practice for women.

~ **Angela Tezano, Louisiana**

Certified Christian Life Coach

Praise God! I had been told there were no “authentic” Christian – meaning biblically-correct life coaching courses. But something made me keep searching the web. I had almost given up when I found PCCCA. Dr. Leelo Bush’s courses are all based on the truth of God’s word and she does not compromise to please the secular world. You can TRUST that the training you receive from Dr. Leelo is the best available because it agrees with scripture and it’s very practical. She created Spirit-led Christian Life Coaching and it has been an honor and privilege to study under her. I will be back for more training.

~ **Georgette-Lynn Osmond, Canada**

It is with great joy and much appreciation that I am sharing my experience with PCCCA and Dr. Leelo Bush. When God called me to be a Christian Life Coach I honestly was uncertain if this profession existed. Much to my delight, the internet provided me with a few resources. There were several people from schools and academy's that I spoke with and knew immediately that PCCCA was the one God chose for me. It had all the right credentials: Love for God, his children and a genuine Christian Heart. I received my certification after learning much about Christian Life Coaching. Then the hard part came with the realization that I would be transitioning into a new life and profession. I wanted even more of the coaching-specific techniques and skills to successfully start my own practice even though I had some background in business ownership

already. I recognized the need to gain assistance from a Christian Life Coach. Dr. Leelo Bush generously gave me the love, support, ideas, techniques and resources necessary to continue in God's perfect calling. May anyone reading this be blessed with the same opportunities!

~ **Jenny Grace Morris, Missouri**

Master Christian Life Coach with numerous additional PCCCA certifications

When I was doing my "homework" searching for a Christian Life Coach Program, I was seriously considering one particular program, but I felt the Holy Spirit guiding me instead to PCCCA. Now I know why. PCCCA is completely in line with my Christian values and my belief that the Word of God is sufficient. Thank you PCCCA, for not compromising to align with the world's view.

~ **Linda Noel, Pennsylvania**

In 2008 I had to stop working outside the home and care for my ill father full-time. It was then I began taking Dr. Bush's courses to keep my mind sharp and give me more skills to earn extra income in ministry after Dad passes. I really enjoyed working one-to-one with my trainer/mentor coach, Todd Miller in the Premier CCLC course at PCCCA) and I have enjoyed taking other courses through Dr. Bush. I am so thankful for her flexibility with me and support as I care for my father and do my studies. I admire and respect Dr. Bush's pursuit of continual learning and development of programs to serve God and others. My goal is to hone my skills, continually grow and learn and one day be a Master Coach utilizing my education and the experiential training given to me by God to help others for His glory.

~ **Gordon Rogers, Illinois**

Certified Graduate of Multiple PCCCA Courses

When I decided to acquire my coaching certification, I was adamant about enrolling in a purely Christian training program. I wanted no part of any New Age nuances that sometimes parade around as Christian values. I researched several programs before deciding on the Professional Christian Coaching and Counseling Academy (PCCCA). The training was academically rigorous and the certification requirements let you know that you had earned that certification. I got my money's worth and I am proud to display my PCCCA certifications on my website. Thank you, Dr. Bush, for

the hard work you clearly poured into this program. Thank you for strong accountability and thank you for invaluable lifetime lessons that go far beyond certification.

~ **Linda F Williams, MSW, Michigan**

Certified Professional Life Coach / Certified Christian Life Coach

Dr. Leelo Bush is truly a pillar within God's Kingdom to impart instruction through the integration of wisdom, Bible principles for living, deliverance and with an outcome for empowerment. The curriculum is quite comprehensive yet very clear for the student in pursuit of becoming a Certified Coach or for the person seeking to grow to dimensions God has purposed for them. I have truly enjoyed and gained much insight sitting under Dr. Bush. Her passion and demonstrative integrity is the reason I believe the Holy Spirit led me to PCCCA. I have met others who studied elsewhere and I must say, the many concepts covered through PCCCA are not available where they studied. The content is rich and allows the newly Certified Coach to step out with much confidence in God. I am also grateful for the bits of advice and encouragement from her mini-training topics that provide great mentoring for us as students and graduates. Dr. Bush, I Praise God for you and thank you for allowing Him to use you in this capacity. God Bless you.

~ **Rose Campbell, Florida**

The contents of the Stress Relief course were easy to follow and very well organized. My goal was to learn how to better help others and your course even included how to hold sessions for individuals and groups. I also learned how to create corporate stress management programs. I began coaching and already have paying clients. It will take some time to build my practice so I can leave my other profession, but I know exactly what I need to do to succeed. By the way, your support team is great and I always receive the answers I need in a timely manner. Thank you for making this training available for us online. Once I get my certification, my wife will be taking the Christian counselor course so we can fulfill our dream of working together to help our church and community.

~ **C. J. Smith, Pennsylvania**

To God be all the glory for great things He has done! Since the fall of 2003, I had visited the PCCCA website watching it evolve, praying, comparing the PCCCA training program to that of other schools,

and contemplating whether or not to enroll. Well God's timing is perfect timing and on March 16, 2006, the Lord said "yes" and released me to enroll in this anointed program. From my initial call with my trainer, I knew that this was a divine connection ... My experience at PCCCA was truly a blessing empowering me to prosper. I have learned skills that have positively impacted my life. I will never be the same and I am excited about my ability to help others reach their God-given potential and to fulfill their earthly purpose. "A man's mind plans his way, but the Lord directs his steps and makes them sure" - Proverbs 16:9. Heavenly Father, I thank You for directing my steps to PCCCA and making them sure.

~ ***Sheri Cooks, New Jersey***

Certified Christian Life Coach

Attending PCCCA has been a blessing to me. The contents of the course is thought-provoking and purpose-driven. This course has allowed me to examine myself and ask God to remove anything in me that would prevent me from becoming an effective Professional Christian Life Coach. Dr. Leelo Bush, emphasizes that prayer is the key ingredient and to let the Holy Spirit guide us. I have begun to pray more for guidance and direction. I have become a better listener and have learned to manage my time, so that I am efficient and productive. I believe this course produces life-changing results for future coaches if a person truly desires to do the will of Christ. Thank you Dr. Leelo Bush!

~ ***Gloria Ford-Mims, Georgia***

Over the past year and half, I have had the opportunity of receiving training and certification through PCCCA as a Certified Christian Life Coach, a Joy Restoration™ Coach, and a Stress Relief Coach, as well as being privileged to attend Dr. Bush's Barefoot Mastermind™ seminar and Advanced Coaching course. I am now a candidate to become a Master Christian Life Coach. When I began this training, I knew that I had God's calling on my life, but I had no direction and few skills to bless others. Through this training, I have learned to listen intentionally before I speak. As I have learned to listen, I have also learned to consider others' perspectives both in my personal life as well as with my clients. Thanks to Dr. Leelo Bush and my training with PCCCA, I am now blessed professionally with my own coaching business and personally with an ability to be compassionate, productive, and filled with joy. Longtime friends

and acquaintances have all commented that they can see the Spirit's peace flowing through me, even amid significant challenges, because through PCCCA, I have learned specific skills to place God first and allow Him to guide my journey.

~ **Wendy Mueller, North Carolina**

Certified Graduate of Multiple PCCCA Courses

Several years ago I was praying about my life choices and career. After a few days I was led to contact Dr. Bush regarding the Life Coaching Certification. Taking this course was a great eye-opener. I realized that I was being called to become a Christian Life Coach. Because of the information I learned, my life has made a total change. One of the benefits of her classes is that they are bible-based. They inspired me to change my thought patterns by meditating on the word of God. I have been blessed to use the information to lead the Men's Ministry group in my local church. I was also inspired to write a book on family issues. One of the things I have learned to is let the Holy Spirit flow through me. Thank you Dr. Bush.

~ **Marvel Jenkins, Texas**

Certified Professional Life Coach / Certified Christian Life Coach

I recently took the training course on Joy Restoration Coaching from the Professional Christian Coaching and Counseling Academy and I was greatly blessed, both by the material I studied, as well as by the resources that were made available to me through the Academy. This course has greatly enhanced my professional Coaching skills to help those struggling with life issues to move from painful to joyful living, and I highly recommend it for anyone who wants to help others overcome their grief and live a happier life.

~ **Renato Amato, Italy**

Certified Joy Restoration Coach / Certified Christian Grief Coach

My name is Dr. AudreyAnn Moses. I am a PCCCA Certified Christian Life Coach. I graduated from PCCCA in 2010 and have been blessed beyond measure since then. God has opened many doors for me because I now have a Christian coaching credential in addition to my previous psychology / counseling background. Clients benefit from my ability to identify with their description of issues they see and feel, while at the same time maintaining my position as

a coach, not a psychologist, which helps them to identify their goals and objectives for their life. My background in Christian coaching also has benefited me as a consultant, workshop facilitator and keynote speaker. I am so grateful for the Christian coaching approach I learned while a student with PCCCA as well as the information I received through the emails and newsletters I continue to receive as an alumnus. Thank you very much for the assistance received throughout the years. PCCCA is a blessing from God. Continue the good work and God will continue to bless the school. I know He is continually blessing me and my business.

~ ***Dr. AudreyAnn Moses, South Carolina***

Certified Christian Life Coach – CCLC

The training I received from PCCCA has been extremely beneficial to my life. My family has been the primary beneficiary of the training, and they continue to benefit as we grow individually and as a unit. As a Family Systems Coach, clients, friends and people I meet for the first time generally admire and ask what's our secret to communication and keeping our family together. We understand that the family is one of God's four institutions and that there are Biblical guidelines and protocols to follow on a personal level. Coupled with the relevant training PCCCA provided for me, I help families acquire a wholesome desire to achieve the same benefits and results.

~ ***Marina Edwards/Trinidad and Tobago***

Certified Joy Restoration Coach / Certified Christian Grief Coach

Completing the PCCCA's Christian Life Coach Certification training was a wonderful experience for me and definitely enriched my life. I found the course to be very comprehensive and practical at the same time. Not only did I learn through reading the text book, doing the weekly assignments; but also in the one-on-one coaching that I received from my assigned Christian Life Coach. I was able to participate as a client; which further enhanced my learning experience as I witnessed firsthand professional coaching modeled for me. I have used this valuable training to grow personally in my involvement with Toastmasters International, where I have been able to successfully compete in Area and Regional Speech Competitions and also earn my Distinguished Toastmaster (DTM) Award which is the highest achievement you can earn. I now use

the Coaching techniques and strategies that I learned from PCCCA to mentor other fellow Toastmasters to help them grow into more effective communicators and leaders.

~ **Brian Richards, California**

Certified Christian Life Coach

I am so grateful that I chose the Professional Christian Coaching and Counseling Academy to provide me with a quality life coaching program in which I earned certifications as both a Christian Life Coach and a Professional Life Coach. It is important to me to have training that is rooted in the Christian faith. The program is a great value, too! After earning those certifications, I went on to study for and earn certifications in Joy Restoration, Christian Grief Coaching, and Stress Relief Coaching. I always integrate the principles of those programs into my life coaching practice. I have benefited so much from Dr. Bush's teachings and well-researched and presented curriculum. I took advantage of a rare opportunity to work with Dr. Bush in a live class that provided me the tools to become better at marketing my practice and converting potential clients into clients. I think the biggest benefit I received (and there are **so** many!) is remembering I must live above reproach. Dr. Bush reminds students of this, and this type of living extends into our marketing, personal social media pages, and anywhere else we leave our footprints.

~ **Amy Walton, Virginia**

Certified Graduate of Multiple PCCCA Courses

Thank you Dr. Bush. Becoming a Grief and Joy Restoration coach has literally change my life. I am in the military and due to retire within a couple of months. Thanks to the training I received through PCCCA I am now a certified as a CJRC/CCGC. Since obtaining my certifications. I have embarked on this journey to be able to change lives and help people to heal from grief. I am also a newly published author. Thanks to PCCCA. I will start my coaching business full time in the spring of 2017. I am super excited. The training I received is the cornerstone for my new business. I could not be happier and more thankful for this opportunity. The training has really changed my life. Thank you Dr Bush. To God be the Glory.

~ **Vernessa Blackwell, Maryland**

Certified Joy Restoration Coach / Certified Christian Grief Coach, Author

I am building a school to take in students who have failed to continue their education through the state education system because of Dr. Leelo Bush's coaching lessons. Her lessons and books have transformed my life. Thank God for her beautiful, life-changing coaching.

~ **Mervyn Gabarura, Papua New Guinea**

I feel more in control of my mind, my health and my daily routine. The course modules are created with excellence and are very easy to follow.

~ **Margaret Rowlett, Florida**

Certified Joy Restoration Coach / Certified Christian Grief Coach

I would love to take the opportunity to publicly thank Dr. Bush for the coach training material she has provided for me as I embark on my journey towards becoming a Certified Christian Life Coach. The most helpful aspect for me so far has been the way that the course has been written. It is methodical, easy to follow and understand. It has been invaluable for me to have something which is both Biblically sound and gives me a guide on how to keep my work Spirit-led also. These things are all very important to me. There are so many other courses out there these days, but I have not seen anything with such high standards of excellence while being so easy to relate to and on-task as this one. Thank you Dr. Bush and Rev. Evan Bush. May the Lord continue to use you and your training in order to offer excellence and Biblically sound guidance to God's people.

~ **Marlene Bond, Australia**

All praise to our God for the Counseling classes! I have learned so much and my certification has opened new doors for me. I discovered as I was writing assignments that I have been called to a specific ministry to prevent divorces from happening - before the covenant of marriage has been made! The Lord revealed Truth to the first couple I counseled and divorce was prevented as they chose not to go their separate ways based on the Truth revealed. I credit, first, The Lord God Almighty and then PCCCA with the insight I had received through the counseling course. I recommend this course for any self-starter. It is thorough and truly Biblically based.

~ **Audrey Griffith, Pastor's Wife, Texas**

Certified Graduate of Multiple PCCCA Courses

I know God has called me to walk alongside those who have had all types of losses and deal with grief. I have recently started the Joy Restoration coach training. This course has revolutionized my thinking on grief and how our mind and heart is closely connected. The equipping I am getting from this course is bringing a deeper healing to my own heart and soul. I know when I complete this course I will be well equipped to help many people. I will be able to present to them the hope and joy they can have by choosing to renew their minds by changing their thought patterns which will free them from the fear that grips them. I will equip them with the tools needed to expand their comfort zone by doing things in a new way. I would recommend this course to all counselors, mentors and coaches. It will set you apart from the way the world views grief and healing that is needed to take place in our minds and heart.

~ ***Tina Young, Minnesota***

Certified Joy Restoration Coach / Certified Christian Grief Coach

Becoming a Christian Life Coach created a gateway for speaking life to others with the hope of helping them to recognize their potential and discover the calling upon their lives. I have researched many certification programs however I knew in my heart that I could not settle for just any program. I desired a course that believes in true transformation, which can only come from having a relationship with God; and this program is designed on that premise. I would like to thank Dr. Bush for following the leading of the Holy Spirit, and providing the opportunity for me, to discover my God-given purpose, and the courage to walk-out my unique path.

~ ***Marilyn Owens, Texas***

Certified Christian Life Coach

Table of Contents



<i>Acknowledgements</i>	vii
<i>Introduction</i>	ix
ONE	
Journey Through The Narrow Gate	1
TWO	
Biblical Coaching Foundation	11
THREE	
Coaching Basics	21
FOUR	
Internal Changes For The Coach	33
FIVE	
Avoiding Detours to Your Destiny	39
SIX	
Successful Coaches and Training	49
SEVEN	
Faith, Scripture and Communication	55
EIGHT	
Coachable or Uncoachable?	65
NINE	
Ten Christian Coaching Proficiencies	75

T E N	
Coaching Systems, Methods, or Models	87
E L E V E N	
Values-Based Life Design	93
T W E L V E	
Purposeful Passion & Finding Yours	101
T H I R T E E N	
Developing Clear Vision & Mission Statements	107
F O U R T E E N	
Dealing with Change	117
F I F T E E N	
Overcoming Obstacles	127
S I X T E E N	
Necessary Listening Skills	137
S E V E N T E E N	
Anatomy of Coaching Sessions	151
E I G H T E E N	
Practical Procedures & Operations	155
N I N E T E E N	
Business/Practice Overview	163
T W E N T Y	
Marketing & Branding	177
T W E N T Y O N E	
Coaching Business Questions & Answers	191
T W E N T Y T W O	
The Uncompromised Truth about Niches	199
T W E N T Y T H R E E	
Ethics, Accountability, & Best Practices	209

T W E N T Y F O U R

Future of Christian Coaching & Professional Growth 217

My Prayer For You 225

Bibliography 227

About The Author 229

Index 235

Acknowledgements



First and foremost, I thank God, for allowing me the privilege to share a very important message. I am grateful to have had the original manuscript of this book edited by Debbie Stankovich, MCLC, FCBA for the first edition in 2009. Her work laid a wonderful foundation for the creation of this second edition. I also want to thank contributors: Kathy Bateman, MCLC, Todd Miller, MCLC, Pastor Florine Milligan, MCLC, Jenny Grace Morris, MCLC and Debbie Stankovich, MCLC, for their



contributions to the text. Special thanks go to Shanmugapriya Balasubramanian for expert design and layout of the inside pages of the second edition. I also want to acknowledge the numerous faith leaders and visionaries too many to name, who inspired and encouraged me to write this book. It was time for someone to create and teach authentic, Christian, biblically-based life coaching and yes, even defend our faith in the process. I am humbled and grateful God chose me for this mission. Finally, I thank my husband Evan Bush, MCLC, who has remained supportive, inspirational, and patient throughout the arduous re-writing and editing process. Your love means more to me than you will ever know.

Introduction



Have you heard it said that necessity is the mother of invention? Years ago, I distinctly felt the Holy Spirit impress on me to “stop the compromise”. Since then I have developed programs and built a Christian coaching academy where the love of God and truth of His Word are paramount. I initially began writing this book so that the students of the Professional Christian Coaching and Counseling Academy (PCCCA) would have a comprehensive, biblical textbook for Christian coach training, one I had not found elsewhere. Don’t get me wrong. There are some wonderful books on the subject, and several are cited here. But I felt a need to supply not only a purely biblical message but also the business and marketing tools that are sorely lacking for many Christian coaches.



In this book you will find scripture upon scripture that demands a pure message. So by the grace of God, I am doing my best to give you just that. Further, learning to coach is only 50% of developing your coaching practice. The other 50% (and sometimes more) is comprised of business and marketing. There is no way around this. I tell prospective students all the time that they might become the

world's greatest coach, but if they don't know how to run a business and market their abilities, they won't be able to impact very many lives and they will go broke trying. That is why presenting the entire message of skill and promotion is critical. I truly believe if there is one Christian coaching book you must read, it is this one, because herein lies the truth.

One spring morning in 1997, during the praise and worship portion of our Sunday service, I remember these words coming to me: "I want you to do your own thing." In a heartbeat, I knew the words were given to me by the Holy Spirit. At that moment, I knew I had been called into some type of ministry.

"When the entire truth is not being taught to prospective Christian coaches and leaders, how can they in turn lead people to the truth of God's Word?"



My first response was to ask, "Why me, Lord?" To this, I remember the reply was: "I need someone in your "flavor". Isn't it interesting how God speaks to us in contemporary words, without saying thee, thou, or other formalities?"

When I asked, "Why me?" it wasn't out of reluctance to serve. Rather, I was astounded and humbled that God would think enough of me, to want ME to serve HIM. I was so excited; I wanted to share it with everyone I knew. But as it is with personal revelations, not everyone understood or received this information with the same joy as I did because they knew me before.

Like some of you, I hadn't led a perfect life. I had made my share of mistakes and experienced failures, both personally and in business. Yet I was one of many, perhaps like you, who had been tried and tested by life. I was willing to let God use me for a higher purpose. I was one of the "whosoever will" people that God is looking for.

My prayer is that God uses me and this book to share the truth about the topic of coaching, and Biblical Christian coaching in particular, to move believers from faith to action.

The longer I train Christian coaches, the more I learn about the variety of worldviews among coaching professionals in general and specifically Christian coaches and Christian training programs. Many Christian coaches have shared their concern about the reluctance some churches have shown toward coaching. Based on what I have learned during my time developing the material for this book, I understand the problem and also its solution.

Until 2009, when I wrote the first edition, most Christian coaching had been compromised by being integrated with secular philosophies. Still today, some Christian coaching schools have voluntarily sought secular and new-age accreditation and man's approval. When the entire truth is not being taught to prospective Christian coaches and leaders, how can they in turn lead people to the truth of God's Word? Now, coaching is far more accepted in churches. But sadly, some high-level leadership believed the propaganda that only certain secular organizations are credible to train and certify coaches and consequently only allowed those with compromised training to lead their flocks. Surely this must make the Holy Spirit weep. We must agree in prayer that the truth of God's word prevails.

Church leaders had been afraid of giving up traditional ways of doing things so instead brought in a Trojan horse.

In my first edition, Christian Coaching was refined and can currently be taught from a biblical, Spirit-led worldview exclusively. When we continue to teach it correctly and coach in full agreement with God's Word, eliminating humanistic and new-age devices, affiliations and compromise, then and only then, will it be so greatly anointed by God that no man or leader will be able to contain its power or breadth.

Our charge now is to stop the compromise once and for all. Stop diluting the Word of God, and cease integrating secular philosophies. When we do this, God will bless the Christian coaching movement, and we will see huge numbers across the globe blessed by it. When we are faithful and God sees that our coaching is devoid of apostasies, we can then begin to impact previously unimaginable numbers.

Like many of the authors who came before me, I too have a counseling background. In addition, I am an entrepreneur at heart, a business person, with a lifetime of experience with start-up businesses, advertising, marketing, operating budgets, branding, etc. I have had some phenomenal successes and a few dismal failures as well. But the ones that didn't work out so well were my training ground. God used those experiences to teach and grow me, personally and professionally. I believe God has designed me as a marketplace ministry leader and trainer. I am having the most fun when I am birthing businesses or brainstorming with a client or associate, planning their enterprise and their strategies. All it takes is a starting point to get the ideas flowing.

I have also been blessed with a great faith in God where nothing is impossible. The well-known slogan of the United States Armed Forces: "*The difficult we do immediately; the impossible takes a little longer,*" may as well apply to the way I perceive my world. A very similar quote is actually attributed to a French Minister in 1873, Charles Alexandre de Calonne (1734–1802), who said "*Si c'est possible, c'est fait; impossible? cela se fera.*" In other words "... if a thing is possible, consider it done; the impossible? That *will* be done." (quoted in J. Michelet *Histoire de la Révolution Française* (1847) i . ii. 8).

I truly believe if God calls it into existence, then He will also provide the resources to make it possible. *God knows the plans He has for us, not to hurt us, but to give us hope and a future.* (Jeremiah 29:11) We can proceed confidently as God is with us and He will never leave us or forsake us. He will often take us to uncharted territory though. He wants us to rely on Him. If we already knew how to do everything He asks for, then we would get the idea that we achieved it out of our own ability. Launching out into the unknown requires us to lean on Him. In this way, when we are successful, it is God who gets the glory.

I expect this edition as well, will make some waves. The truth always does. It is my prayer that the knowledge and insight within these pages will persuade each reader to see we should not compromise. I also pray for your strength and the courage of convictions to make the needed changes and fully follow Jesus, embracing the Word, which is fully sufficient to do everything according to God's plan. My prayer is that you are incredibly blessed by what you read

here. But I am not writing this book to make friends or please multitudes. God gave me this message and my job is to deliver it so that His Word can set the captives free.

If you already consider yourself a Christian coach but have not been trained biblically, then this book might shake up what you believe to be Christian coaching. Good.

Why good? Because what is contained on these pages, is what God wants *you* to know. Often as I wrote this, I prayed and asked God to use this book to put forth exactly what you, the reader, need. Some of what the Holy Spirit inspired surprised even me. But you see, the duty is mine to deliver the message. The results belong *only* to God. So if you find yourself questioning previously held beliefs or are stunned with the straightforward truth you find between these pages, I strongly recommend you take it up to my boss through prayer. I am confident His words will not return void. At the very least, this book will change your life and how you view Christian coaching.

Herein lies the recipe for genuine, uncompromised, Spirit-led, Christian, biblical coaching along with cutting edge, practical tools for professional, business development, and marketing.

If you are already so excited you can barely sit still to read this book, I have FREE mini-courses for you that will be delivered right to your email box. Get yours now at <http://pccca.org/free/>.

O N E

Journey Through The Narrow Gate



If God designed you to be a Christian coach, He has a particular, special life in mind for you. Christian coaching can take many forms including professional services, ministry, and personal development. Christian coaches are thought of by some as personal pastors. Others see us as catalysts because we help people make some type of change in their lives, all the while seeking alignment with God's plan for them.

Before we sojourn into the world of Christian coaching, let us take a closer look at what God expects of us personally. *"...for unto whomsoever much is*



given, of him shall be much required...” Luke 12:48 (KJV) When we are given more responsibility as leaders, we are held to a brand new and higher level of accountability.

“We are all works in progress and have areas that need improvement.”



I Timothy 3 outlines the criteria for selecting church leaders. Similarly, any believer in a leadership role, and coaching is a bona fide leadership category, should be of high moral character. Coaches should live their lives above reproach, being trustworthy and

self-controlled. We have all heard stories of those who made serious errors in judgment and consequently tarnished the reputation of Christians. God does not need any more people making Him look bad. Please stop here and read I Timothy 3 so you are familiar with this scripture.

If you feel you have not quite arrived at such a place of maturity, you are certainly not alone. We are all works in progress and have areas that need improvement. Now, however, is the time to get your life in order. It all begins by knowing what the Word of God says. We cannot walk in its power or fulfill God’s plan if we do not know what is available to us. A great place to begin is with Christian coach training. If you are new to Christian coaching, be aware not all training programs containing the word “Christian” in the title are solely Christian. Though used originally to describe a person who lives according to the teachings of Jesus, the word “Christian” is used very loosely today. These days when you ask someone if they consider themselves Christian, you might get responses like, “I try to live a good life,” or “Yes, I believe there is a God.”

“BLESSED (happy, fortunate, prosperous, and enviable) is the man who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather. But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and

by night. And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity].” — Psalm 1:1

“Enter through the narrow gate; for wide is the gate and spacious and broad is the way that leads away to destruction, and many are those who are entering through it. But the gate is narrow (contracted by pressure) and the way is straightened and compressed that leads away to life, and few are those who find it. Beware of false prophets, who come to you dressed as sheep, but inside they are devouring wolves. You will fully recognize them by their fruits....” — Matthew 7:13-16

You will not know the significance of the work God wants to do through you until you are prepared for His call. You need to become excellent as a coach and you need to become excellent personally.

Excellence and Other Qualities of a Christian Life Coach

Excellence Paradigm versus Success Paradigm

A paradigm is a way of thinking or processing information based on foregone conclusions, which influence us so much it affects the overall way we view our life. *The Encarta Dictionary* describes a paradigm as an example that serves as a pattern or model for something, especially one that forms the basis of a methodology or theory (The Encarta Dictionary).

In the world’s way of thinking, particularly in secular and new-age coaching, the desired outcome to any goal is SUCCESS! It sounds great to achieve what one sets out to accomplish. Yet an important ingredient is missing from success by itself. A person could steal something and not get caught, thereby successfully stealing it. But as Christians, morally and ethically we should not coach someone to act in a way that goes against biblical teaching. Therefore, for our purposes here, we aim at EXCELLENCE as the *Bible* instructs. We know that when we achieve new levels of EXCELLENCE, success will be a by-product of it. No scripture puts these priorities into perspective better than the following verse:

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” — Matthew 6:33 (KJV)

OUR GOAL ⇨ EXCELLENCE

In his April 1, 1999 article entitled “Excellence Is Better than Success,” Moishe Rosen, founder of Jews for Jesus says, “Excellence is better than success. It entails pleasing God—fulfilling one’s destiny as His child—godliness. Godliness does not lead us to strive for success, but to strive for excellence—to strive to accomplish God’s purposes, thus fulfilling our highest calling as His redeemed ones. How we love to quote Romans 8:28: ‘... *all things work together for good* ...’ But we must be careful to remember the rest of the verse: ‘... *to those who are the called according to His purpose*.’”

When you read the rest of that passage, you find that God calls us to be conformed to the image of His Son. We are not all called to be professional missionaries. We are not all called to be preachers, or for that matter Christian life coaches. But we are all called to fill and fulfill a definite role within the body of Christ. As those who have received the Spirit of Christ, we know what God asks of us. We also know deep inside when we settle for doing or giving Him something less than He asks.

The following article appeared in the Mt. Juliet Messenger on April 25, 1999, and also appears on the church website at http://www.mtjuliet.org/nine_steps_to_achieving_christ/

Nine Steps to Achieving Christian Excellence

“And yet I show you a more excellent way” — I Corinthians 12:31

1. DECIDE you want to excel.

“...that you may approve the things that are excellent” — Philippians 1:10

2. FOLLOW the apostles’ pattern.

“Therefore, brethren, stand fast and hold the traditions which you were taught, whether by word or our epistle.” — II Thessalonians 2:15

3. CONCENTRATE on what works for you.

“For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. Now you are the body of Christ, and members individually.” — I Corinthians 12:12, 27

4. TAKE the INITIATIVE and START

“Whatever your hand finds to do, do it with your might . . .” — Ecclesiastes 9:10

5. CONCENTRATE on the benefits as well as the obligations.

“His lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’” — Matthew 25:23

6. REMEMBER the past to help you, but not to hurt you.

“...forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.” — Philippians 3:13-14

7. BE CONFIDENT, but not conceited.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” — II Timothy 1:7

8. COMPARE with others for motivation, but not to despair.

“Imitate me, just as I also imitate Christ.” — I Corinthians 11:1

9. PERSEVERE.

“And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises.” — Hebrews 6:11-12

Essential Qualities

As Christian life coaches, we must be aware that we are influential and that such influence must be Godly. While we do not tell our clients what to do, we need to frame our questions to them in such a way that our clients see leadership within us. Why do we ask questions, rather than telling our clients what they should do?

First, Jesus modeled this technique for us. He usually asked questions in order to achieve results. Second, if your client comes up with their own answer, they are three times more likely to act on the solution when they “own” it. Third, we recognize “If we give a

man a fish, we feed him for a day. But if we teach a man to fish, we feed him for a lifetime.” (exact origin unknown)

In his book, *Spiritual Leadership*, J. Oswald Sanders (Sanders, 1994) lists what he calls “Essential Qualities of Leadership.” These include:

Discipline
Vision
Wisdom
Decision
Courage
Humility
Integrity and Sincerity

Why do you suppose the author lists “discipline” first? Because, as Sanders puts it, “Without this essential quality, all other gifts

remain as dwarfs: they cannot grow. So discipline appears first on our list. Before we can conquer the world, we must first conquer the self.”

“I believe that even though not all of us are called to leadership within organizations, every Christian has an influence over those he or she comes in contact with.”



At the Professional Christian Coaching and Counseling Academy, we frequently hear questions regarding why our programs are set up in particular modules with precise outlines of what must be

accomplished for each. The reason is to develop discipline. Excellence cannot be achieved in any facet of our lives or in the coaching relationship without discipline.

Exercise

On a blank sheet of paper, please list the *Essential Qualities* shown on the previous page. Please write a paragraph about each one, telling why it is important.

Leadership

It is every Christian's duty to be the best he or she can be for God. Like anything we undertake, if our coaching abilities can be improved, we should do and learn all we can so we can become excellent. We have a responsibility to be the best we can be as ambassadors for Christ. One of the worst things we can do is act in such a way as to turn someone away from God.

Continuing Education

“Study and be eager and do your utmost to present yourself to God approved (tested by trial), a workman who has no cause to be ashamed, correctly analyzing and accurately dividing (rightly handling and skillfully teaching) the Word of Truth.” — II Timothy 2:15

If you are planning a career in coaching, you might as well reconcile yourself to a life that includes continuing your education. Always have a book in process and another in the wings, so to speak. Plan to attend seminars, meetings, conferences, networking opportunities, tele-classes and any learning event you can find. You will need these opportunities for professional training, marketing, self-improvement, and to learn more in order to help your clients. *A good coach is always at least one step ahead of his or her clients.*

Motives & Motivation

As we continue to grow in our faith, we come to realize that God puts great emphasis on our motives. That is why we talk about the differences between seeking excellence and seeking success.

Seeking excellence is doing what we can by the grace of God to come in line with His will and timing, just because He is God. We are looking to serve Him.

Seeking success means doing what we can to elevate ourselves in some way. In this paradigm we are looking to serve ourselves. When we pray for worldly success we are in essence asking God to serve us.

Young Christians

look for what God can do for or give them.

Mature Christians

look for what they can do or give to serve God.

See the difference? When we mature in Christ, we have a paradigm shift. It becomes less about us and more about Him.

Putting God First

The first commandment tells us not to have any other gods before our God. But what does that really mean? In my interpretation, it means I should place no man or thing ahead of my God.

But we really need to examine what it means to put someone first. It is easier to imagine when we are talking about someone we love. We think about them and talk about them all the time. We crave the time we spend with them and want to spend more and more time in their presence. We hang onto their every word. They are very important to us. We want to do whatever we can to please them and make them happy, because we love them. Tasks that are otherwise tedious become labors of love.

Exercise

Think about your relationship with God. Are you putting God first? Are you spending regular quality time with God and the Word? Think about what it would take for you to put God first and write a 250-300 word essay about what it means to you to put God first in your life and anything you may have to change in order to get your life on the track God wants it to be. Then consider practical steps you can take starting today.

Your Role as a Christian Life Coach

As a Christian life coach, your role is more important than that of any other type of coach. By this I mean not only do you address and partner with your clients to achieve their objectives, but you

also need to stand as a barometer, helping your clients see whether they are growing closer to God or farther away.

You may have entered coaching because you want to help others and make them feel good. That is all fine and well. However there may come times when you have to say some tough things—things you would rather not say. Occasionally, and only as the Holy Spirit leads, you may need to lovingly tell your clients that some part of what they are doing is out of alignment with the Word. To do this you will need to know the Word of God. Always pray for discernment and to know what to say. Ask the Holy Spirit to give you the exact words you need at that time. Become a Luke 12:12 Christian life coach.

“For the Holy Spirit will teach you in that very hour and moment what [you] ought to say.” — Luke 12:12

Be a Seeker of Truth

The Bible tells of a time when there will be many deceptions. New-age coaching philosophies, tools, and strategies give clients the impression all answers can be found from within. We maintain the Holy Bible is the final authority. As a Christian life coach and ambassador for Christ, you need to maintain the truth.

“For the time will come when [people] will not tolerate (endure) sound and wholesome instruction, but, having ears itching [for something pleasing and gratifying], they will gather to themselves one teacher after another to a considerable number, chosen to satisfy their own liking and to foster the errors they hold, and will turn aside from hearing the truth and wander off into myths and man-made fictions. — II Timothy 4:3-4

Become Disciplined

“Operate in self-control and don’t allow your spirit to be unruly. Refuse to be like a city that is broken down and without walls. Self-control and discipline add protection to your life.” Paraphrased from Proverbs 25:28

“Seriously consider what you are doing before taking on new projects. Expand prudently and do not court neglect of present duties, by assuming too many new ones.” Paraphrased from Proverbs 31:16

Walk In Love

“Love is long-enduring and is patient and kind. Love never envies or becomes jealous. Love is not boastful and does not act haughtily. It is not conceited or arrogant. Love is not rude and does not act unbecomingly. Love does not insist on its own way. Love is not touchy or bitter or resentful. Love does not remember evil done to it. Love does not rejoice with injustice but rather rejoices when fairness and truth prevail.” From I Corinthians 13

“Chosen by God for this new life of love, I dress in the wardrobe He picked out for me: compassion, kindness, humility, quiet strength, discipline. I am even-tempered, content... quick to forgive an offense. I forgive as quickly and completely as the Master forgave me. And regardless of what else I put on, I wear love. It is my basic, all-purpose garment. I never want to be without it.” — Colossians 3:12-14 (*The Message*)

I believe this first chapter has given you a good foundation for seeking excellence. No matter how well you have mastered these areas, there is always a new level you can achieve. Make studying the Word, walking in love, knowing and speaking the truth, and personal integrity your inseparable companions.

Exercise

On a separate sheet of paper, please write your own specific commitment to excellence and sign it with today's date.