

Follow Coaching Seminar Schedule

Introductions & Overview

- Why are you here? What are you hoping for?
- What are you most excited about?
- What is most intimidating to you about spiritual coaching?

What comes to mind when you think of coaching, discipleship and mentoring?

Coaching Styles Assessment

Learning Styles Assessment: VARK (<http://vark-learn.com/the-vark-questionnaire/>)

John 15:5 (NIV)

2 Corinthians 12:9 (NLT)

RESOURCES

Faith Coaching: A Conversational Approach to Helping Others Move Forward In Faith
by Chad Hall, Bill Copper and Kathyryn McElveen

Learning To Follow Jesus by Daniel McNaughton & Jon Wegner

Learning To Follow Jesus – Student Edition by Danial McNaughton & Claud Valdes, Jr.

LTFJ Memory Verses

LTFJ Wrist Bands

LTFJ Creed

Essential Leadership Apps Website: <https://www.essentialleadershipapps.com/follow.html>

Exercise: Core Questions People Are Asking

YOU CAN DO THIS, COMMON QUESTIONS THE WHAT, WHY, CORE ASSUMPTIONS & HOW OF SPIRITUAL COACHING

Toolkit: 6-10a

Keynote: Why Coaching Is Essential To Learning

Keynote: Core Assumptions Exercise

- Why would some people avoid getting into a spiritual coaching relationship?
- Why would someone want to get into a spiritual coaching relationship?

WHAT HAPPENS, CHARACTERISTICS, WHO, ADVICE & CONNECTIONS OF SPIRITUAL COACHING

Toolkit: 10b-19a

<https://www.essentialleadershipapps.com/coaching.html>

SPIRITUAL COACHING PRACTICES PART II – TOOLKIT

Growth & Development – Toolkit: 44-45a

Confidentiality

Coaching Practice: Build The Coaching Relationship (Pages 45b-48)

Coaching Practice: Guide The Coaching Conversation (Pages 49-51)

Coaching Practice: Listen Deeply (Pages 52-54)

Coaching Practice: Ask Powerful Questions (Pages 55-57)

✓ <https://www.essentialleadershipapps.com/questions.html>

Coaching Practice: Self-Manage (Pages 58-60)

Coaching Practice: Coach With Assessments (Pages 61-64)

Coaching Practice: End The Coaching Relationship (Pages 65-68)

Discipleship Wheel (Pages 69-70)

COACHING FIRST STEPS, THROUGH LTFJ, EXPECTATIONS & AGREEMENT

Toolkit: 19b-24

Follow Book: 256-260

What is a disciple? What does a disciple look like? What does a disciple do?

How is your description/definition similar/different than the one that is painted in LTFJ?

- Come & See, Hear, Go & Do/Be

Exercise: What were your insights, takeaways and opportunities for growth as you read through the Attributes Overview?

<https://www.essentialleadershipapps.com/attribute-overview.html>

COACHING ATTRIBUTE ONE – BE WITH

Toolkit: 25b-27a

Follow Book: 261-262

Chair Time

Independent vs. Dependent

Fruit

Scripture

Prayer

Obedience / Remaining

Exercise: What spoke to you the most out of Attribute 1?

<https://www.essentialleadershipapps.com/learn-to-be-with-jesus.html>

COACHING ATTRIBUTE TWO – LISTEN

Toolkit: 27b-29

Follow Book: 263-264

Obedience

Changes & Sacrifices

Priorities

Small Group

Bible Version (Bible Study Process – Pages 218-220) – YouVersion Bible Plans

Resource Recommendation: The Story

Assurance of Victory (ELA's) – 1 John 2:15-16 (NASB); lust of the flesh, eyes, pride of life

Four Types of Soil/Hearts

Exercise: How do you most often sense that God is speaking to you? What spoke to you the most out of Attribute 2?

<https://www.essentialleadershipapps.com/learn-to-listen.html>

COACHING ATTRIBUTE THREE – HEAL

Toolkit: 30-32a

Follow Book: 265-266

Memory Verse Needs Context ...

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” (Matthew 7:7–8)

These verses come after: Sermon on the Mount ...

“May your Kingdom come soon. May your will be done on earth, as it is in heaven.”
(Matthew 6:10 NLT)

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (Matthew 6:33 NLT)

Biggest Challenge: Seeing death as the ultimate healing (Subjected In Hope)

Sustaining Grace: “No”, My grace is sufficient. Power on display in our weakness.

Bring anointing oil & teach them how to use it & practice praying for healing.

Exercise: What spoke to you the most out of Attribute 3?

<https://www.essentialleadershipapps.com/learn-to-heal.html>

COACHING ATTRIBUTE FOUR – INFLUENCE

Toolkit: 32b-34a

Follow Book: 267

Share Your Evangelism Style Results

1. Confrontational
2. Intellectual
3. Testimonial
4. Interpersonal
5. Invitational
6. Serving

Acts 26 – BC + AC

Exercise: Tell Your Story

Exercise: What spoke to you the most out of Attribute 4?

<https://www.essentialleadershipapps.com/learn-to-influence.html>

COACHING ATTRIBUTE FIVE – LOVE

Toolkit: 34b-36a

Follow Book: 268-269

Love (expose the lies) – learn to be loved and that you are loved. Identity in Christ.

Men vs. Women when it comes to this attribute.

*“I am deeply loved, completely forgiven, fully pleasing,
totally accepted by God, and complete in Christ.”*

Exercise: Work Through Assessments w/ another coach. What spoke to you the most out of Attribute 5?

<https://www.essentialleadershipapps.com/learn-to-love.html>

COACHING ATTRIBUTE SIX – PRAY

Toolkit: 36b-38a

Follow Book: 270-271

Note: “Answered Prayer” Pitfalls ... yes, no, wait/not yet

Exercise: Coach one another through the Prayer Practice Praying for one another; use “Learn To Pray Scripture”; What spoke to you the most out of Attribute 6?

<https://www.essentialleadershipapps.com/learn-to-pray.html>

COACHING ATTRIBUTE SEVEN – MANAGE

Toolkit: 38b-39

Follow Book: 272

“The goal is not about coming up with a budget or time management schedule. Instead, you are coaching the person to regard every action, decision, and thought as an act of worship.”

Exercise: Share your discipleship wheel assessment. What spoke to you the most out of Attribute 7?

<https://www.essentialleadershipapps.com/learn-to-manage.html>

FINAL COACHING SESSION

Toolkit: 40-42

Review Toolkit – Page 67 – Four Questions

Personal Coaching Styles Inventory

Coaching Certification Questions

Prayers of a Coach

You can know all of these coaching principles, have all the additional resources and be fully trained but if you don't APPLY what you're learning it's worthless!

Access without application will not equal transformation.

Inspiration and information without personal application will never amount to transformation.