

What Is Meant by “Faith-At-Work Coaching”?

Faith-At-Work Coaching is about fulfilling God’s call on your life in the workplace.

If you have come to Christ, and you know Him as your Lord and Savior, that’s wonderful! But what are the ramifications of this for your daily work? How do your workplace goals, aspirations, and daily activities align with God’s purposes for you and the work you do?

As your coach, I will help bring clarity to God’s purpose for you and your work. I will encourage and challenge, while always remaining supportive. I will listen, ask pertinent questions, and help you identify action steps as you seek to follow what the Holy Spirit is telling you.

Coaching is about action – your action. By the end of each session you will determine specific steps to take before our next coaching conversation. I’ll provide accountability. The results, however, are up to you and the Holy Spirit.

What Coaching Isn’t

It isn’t therapy. Therapy focuses on the *past* to bring healing and unblock a person to move ahead. At times, we all need therapy. But coaching is *future-oriented*.

It isn’t mentoring. Mentors are experts in a particular field who seek to pass on their expertise to a person who is a newer member of that profession or trade, and a junior. We all need mentors, but this is not our relationship. I will not be imparting professional knowledge to you.

It isn’t consulting. Consultants identify problems and determine solutions. In coaching, *you* tell me what *you* are going to do. I will help bring clarity to the process. But you are the expert on your own life and work. You will set the agenda. Not me.

Why Does Coaching Work?

I believe you are able to hear what God is saying to you about your own life and work. I will support you in that “hearing” process. Specifically, I will:

- *Listen.* I will be fully engaged in what you are saying. And what you are not saying.
- *Ask questions.* I will use questions to stimulate your thinking and creativity. Some of my questions will challenge you to consider things you would not otherwise think about. This is my role.
- *Encourage.* I will support your progress and your efforts.
- *Facilitate.* I will facilitate your own learning and your own problem solving.

What is My Coaching Specialty?

I help followers of Christ to live out the implications of their faith in the workplace by fulfilling God's design for the work itself and for the specific roles they play in it.

This does not mean my coaching is exclusively limited to work life, however, because our personal lives and our work lives are closely connected and often overlap.

Why Use a Faith-at-Work Coach?

- To make connections between your daily work and God's purposes for it
- To make workplace decisions consistent with God's Word
- To clarify faith-at-work goals, or to discover them together
- To reach faith-at-work goals faster
- To have a collaborative partner
- To have a greater influence on the world for good

How is Christian Coaching Unique?

I am a coach who is first a follower of Christ. This affects how I see life, how I see others, and how I see my own purpose and calling. Coaches, Christian or not, use many of the same communication tools. The difference is that Christian coaches bring biblical beliefs and practices to the coaching relationship. I will do this whether you are a follower of Christ or not. If you are not a follower of Christ, I will not expect you to necessarily embrace a biblical worldview. But I just want you to know ahead of time that I will be looking at your situation through the lens of a biblically-shaped worldview.

I will endeavor to help you hear what God is saying to you. Together we will look at how He has equipped you in life and achievement. As a Christian coach, I will support you in your journey toward fulfilling God's purpose for your life—and your work.

For more, see *Faith-At-Work Coaching*: <http://www.firstcommission.blogspot.com/>



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