

What is Coaching?

When you consider your role, do any of these statements resonate?

- Feeling **overwhelmed** by the magnitude of the objective.
- Lacking direction.
- Unaware of new options or paths.
- Using **time** in a haphazard or unfocused way.
- Creating an unhealthy **marriage** or other relational system.
- Experiencing **frustration** due to a lack of progress.
- Feeling **isolated** and/or dismissed.
- Feeling **exhausted** trying to keep everything going.
- Lacking alignment of other participants/leaders.
- Unable to engage **God**.

Coaching is a partnership for personal development between a client and coach. The coaching process is creative and thought provoking as the client is directed toward **change** and **action**. Through coaching, you, the client, will be empowered to understand how to live out your mission, pursue a goal, lead a team, make a life transition, follow a dream, or develop an identity in Christ.

Each client brings their unique goals, objectives, skills, passions and challenges to the table. From there, the coach will use powerful questions to help you see the situation in new ways and gain perspective.

A coaching series is a customized program to determine your individual needs and establish goals in order to transform you, your relationships, and your organization. Together we will develop outcomes and concrete steps for action that are centered on your particular goals and potential. Entering into a coaching relationship will help you look forward.

Change is tough, sometimes intimidating, to consider alone. There is immense value in having someone outside your context to provide objective feedback and help you gain perspective.

Benefits of a coaching relationship include:

- Clarifying desired results, goals and values
- Creating and monitoring specific action steps
- Breaking free of anxiety
- Making better decisions
- Defining and enforcing healthy boundaries
- Living in alignment with your goals
- Leading from your strengths
- Understanding identity and its impact on decisions and behaviors

Coaching Packages

- One-on-one coaching. From a 10-session series to a year of weekly coaching, we can tailor a package to your time and budget.
- Feedback coaching. Augments the one-on-one experience with surveys, interviews, and organizational observation.
- Group coaching. Great for staffs or a group of people trying to achieve the same goals.

Coaching can be delivered by phone, computer (Skype, Google Hangout, etc.) or in-person. Each session begins with a review of what was learned from engaging action steps – either from success or encountered obstacles – and will end with new actions developed consistent with desired outcomes.

If you want to maximize your personal, professional, or spiritual potential call **407.883.9220** or email scott@perkinsperspectives.com to set up a complimentary mini-session to determine if coaching is right for you.