

Individual Coaching Outline

Individual coaching is for moms and dads who would like to learn specifically about their unique strengths, needs and values as a parent that is rooted in biblical principles through a coaching framework. Through individual coaching, we will explore how to utilize your God-given, unique strengths to fully benefit the Lord, yourself and your family.

Coaching can either take place over the phone or in person according to your preferences and location. Depending on your unique needs, sessions can last anywhere from eight to twelve sessions at one hour per session. I recommend one session per week in order to allow for quality focus and maintain momentum.

Detailed session summaries will be emailed to you following each session, creating a coaching archive, making it easy to keep track of progress and also continuing positive momentum. The entire coaching process is kept completely confidential. During coaching, unlimited text and email support is available.

Session 1: In-take

During your in-take session, we will discuss your in-take form that will be provided before the coaching process begins. We will go over why it is you are seeking coaching, what you hope to obtain from the coaching process and more about your current situation.

Session 2: Discovery

The discovery session is for shedding appreciation on all that is currently working in your situation. We will also discuss your individual strengths and how they support you in fulfilling your purpose for the Lord, yourself and your family.

Session 3: Dream

During your dream session, we will imagine what your ideal is for your future. We will paint a picture together of what your hopes and dreams are for yourself and your family.

Sessions 4-9: Design

Design sessions are for taking steps toward your ideal future that use your unique strengths and are aligned with your values. With each small step, you will find yourself closer and closer to your ideal future. You will also develop wonderful self-awareness during this time that will support you while taking action steps into your dream.

Session 10: Destiny

Destiny is a wonderful time where we celebrate together how far you have come during the coaching process. We will discuss together what worked well and what strengths you used to overcome challenges and deepen your self-awareness. We will talk about the tools you gained that you can apply as new seasons of life come and go.

The steadfast love of the LORD never ceases; His mercies never come to an end; They are new every morning; Great is your faithfulness. Lamentations 3:22-23