



COACHING INFORMATION PACKET



Hello! Thank you so much for inquiring about coaching together. It's always exciting to begin working with a new client and it would be my greatest honor to provide coaching services to you during this season of your life journey. Please review the enclosed information packet, which includes the following:

COACHING SECTION: this section will give you an overview of what coaching is (and is not), to help ensure that coaching is a good fit for you.

HOW WE WILL WORK TOGETHER: this section includes what our partnership would look like, in addition to an overview of three coaching wellsprings for life transformation.

GUIDELINES SECTION: this section includes the ground rules for our coaching relationship and what to expect as we work together.

READINESS CHECKLIST: this will help you evaluate if you are ready to start the coaching process.

If you have further questions, please don't hesitate to ask. I appreciate your interest and look forward to hearing from you!

In Christ's service,

JANICE BALDES, CPLC
Certified Professional (Christian) Life Coach



COACHING SECTION

What is life coaching?

Life is made up of choices. Where we are now is a direct result of the choices we have made up until this point. Choices represent our God given potential and as you know, we only get one chance – we each get a dash with a start and an end date. Life coaching helps you shepherd your dash by bringing into focus your life purpose and the potential that the future holds while living our a better life today.

Life coaching creates discovery and awareness around our choices by asking great questions. It will empower you to find your own answers towards discovering a life with greater energy, fulfillment, and productivity. Life coaching provides you with encouragement and support as you make those important life-giving and life-changing choices.

Those who participate in or seek out coaching want things to be different. They are looking for clarity or change in an area (or areas) of their life. From my experience, the top reasons that clients seek coaching are to:

- Get unstuck and move forward
- Build their confidence
- Expand their vision for the future
- Reach important goals
- Fulfill their dreams
- Unlock their potential
- Increase their skills
- Move through transitions and life challenges
- Take practical steps towards their goals

A Christian Life Coach invites the Holy Spirit into the relationship, allowing us to explore where God is in relation to the clarity or change being sought.

How does life coaching work?

Coaching cultivates better life skills. Life begins as a blank slate for us to fulfill our God given potential. Coaching helps you anticipate what you could become, overcome self-defeating habits or insecurities, manage relationships, develop new competencies, and build effective ways to keep improving.

Coaching stimulates vision. Many individuals have no clear life vision. They are drifting and missing out on what could have been. They keep doing what they have done for years, without much change and with little expectation that things will ever be different. Coaching helps you think beyond the present, more clearly envision the future, and create a plan for how to get there.

Coaching helps people grow through life transitions. Whenever we encounter major changes in our lives – such as the loss of a job, a move, changing churches, the death of a loved one, the launch of a new career, retirement, sickness, personal crisis, the list goes on and on – we then face uncertainty and the need to readjust. Coaches help you sift and sort in order to reassess your life goals, find new career options, change your lifestyle, get training, reevaluate your finances, find information so you can make wise decisions and to just sort the messiness transition often brings.

Coaching creates a space for growth on your spiritual journeys. Coaching offers a focused time to explore the faith journey, spiritual formation, and modeling Christlikeness. Coaches come along side of you to shine light on barriers to spiritual growth and help illuminate the path and God's plans for your life.

Coaches speak the truth in love. Sometimes the best way to help is by refusing to ignore harmful behavior patterns. Coaches nudge you to deal with attitudes, mindsets and behavior that when faced, create life change.

Why does life coaching work?

You may be cruising through life, doing well. You may even be feeling like you are doing better than most people around you. But without outside input, you won't be able to maximize your God given potential. Coaching enables you to go farther, faster than you can on your own.

Coaching is a team model. We'll focus on your present circumstances and where you want to go. With coaching, you will create movement and action towards your needs and goals at each session. By enlisting a coach, you also have a built in accountability partner, ensuring that action items get done and are not lost in the shuffle of life.

How does life coaching differ from counseling?

Unlike counseling or therapy, coaching is less about problem solving, more about helping people reach their potential.

- Coaching is not for people who need therapy to overcome painful influences from the past; coaches help people build vision and move forward toward the future.
- Coaching is not focused on looking back... it's about growing.
- Coaching focuses less on overcoming weaknesses and more on building skills and strengths.
- Coaching often has a less formal feel than the counselor/counselee relationship because it is set up more like a partnership between equals – one of whom has experiences, perspectives, skills, or knowledge that can be useful to the other.

HOW WILL WE WORK TOGETHER?

Our coaching partnerships will be centered around your agenda and action/goal directed. Every coaching situation is unique and for each session the stage is set by using a coaching prep form, where you will plan how we use our time together. Sometimes that is just processing and often, that involves exploring the the gaps. Where is there tension between your desires and reality? In what areas do you want to grow? What does being a better self-manager look like? What bubbles up when you think about your life purpose? And when we invite the Holy Spirit into our session, we seek to determine where God is in relation to the coaching topic.

In our time together, I will strive to help you establish a better self awareness of where you are at the present - what your current reality is. I will also offer self assessment tools to help enable you to learn more about yourself should you choose to do so.

When obstacles get in the way, I will challenge, encourage, and give accountability so that you can get past the obstacles and experience success. Through coaching, I'll help you remove the blinders, allowing you to see what you may not recognize and give support as you move forward.

As a Christian coach, I will walk beside you, prayerfully listening and asking the Holy Spirit to guide my questions to help give you clarity. It is my heart's desire that you would live this life fully alive in Christ, reaching your God-given potential – overcoming whatever stands in the way. I am passionate about not settling for status quo and good enough in the precious gift of life we have been given.

Transformation through the use of a Life Coach has been key in my own faith journey – it is where I truly developed deep roots with our Heavenly Father. It has created a wellspring for me to explore *life purpose*, *spiritual growth* and my own *personal development* that I could not find anywhere else. While my coaching practice is not limited to life transformation in these three areas, they are where I desire to give fully of myself in order meet the world's need and bring God glory.

Personal Development Coaching | Unfortunately, we didn't come with a user manual... but the more we know, understand and love ourselves – the better equipped we are to travel this earth. It helps us understand how we relate to others and to God. Coaching for personal development is a process of identifying and closing gaps between your needs and expectation and being honest with yourself and the reality of how you are currently living your life. Personal Development Coaching is equal parts heart and head work and often covers a wide selection of areas, such as:

- Physical Health
- Mental/Emotional Health
- Self-love
- Discovering Authentic Self
- Positive Mindset
- Goal Setting

- Career/Employment Satisfaction
- Financial Stability
- Marriage/Romantic Relationships
- Home Life (Immediate Family)
- Extended Family (Relatives, In-Laws)
- Friends/Social Life
- Recreation/Relaxation
- Lifestyle (Degree of Busyness)
- Personal Fulfillment
- Personal Spiritual Life
- Church/Religious Life
- Current Ministry
- Physical Comfort (Housing, Location, Cars, etc.)
- Other

Personal development coaching helps you live a better life, today. It focuses on sorting and sifting through circumstances and attitudes you carry with you in your everyday life in order to discover joy and greater effectiveness. Personal development coaching helps you lower stress and waste less energy.

Life Purpose | We are made for more than what the world offers us, yet so many of us are caught up in capturing the abundance that surrounds us. We are left with restlessness, emptiness, and dissatisfaction... all internal road signs that God has other plans for you that are not of this world. They are eternal plans, lived out on this earth when we allow His glory to shine through our lives. At our deepest core, our spirit, we ache for purpose. We desire to live out the unique, God-given contributions this world needs. When we live out God's purpose for our lives, we truly meet Our Father. We learn to walk intimately with Him on the foundation of total surrender and a heart of humility.

Coaching around life purpose focuses on identifying and pursuing your life purpose. Because we are each uniquely designed, we'll explore:

- Who are you?
- What are your passions?
- What motivates you?
- What are your dreams and desires?
- What are your dream barriers?
- What does an ideal life look like to you?
- What are your values?
- What experiences have you had?
- What is your calling to the greater good of this world?

Life purpose generates fulfillment and significance. Legacy comes as a result of hard work and sacrifice in service towards something bigger than just you.

Coaching for Spiritual Formation | Preaching is simply not enough for followers of Christ to turn into mature Christians. Discipleship lays the foundation, but the majority of

our churches are not equipped for one-on-one wrestling when our faith becomes stagnant or is in crisis.

We are unique individuals, in different seasons of life and one size doesn't fit all – what worked for someone else won't necessarily work for you. I discovered this on my own journey, when a life crisis sent my faith spinning. I learned that spiritual formation and growth requires that we understand faith formation, the stages in the journey of the soul and have an understanding of how we relate to each other and how we relate to God. I needed a shepherd to guide the way and help me find the end of myself and I found that in a coach.

There are 6 stages in the faith journey. 75% of Christians tap out at stage 3 of this 6 stage journey. Beyond stage 3 (working for God) is where we move out of the doing stages and into the being stages. It's where our core changes through an inward journey and lasting change occurs from the inside out. Through nurturing our spiritual life and healing life's wounds, there is a rebirth of the soul that ignites and radiates into our life purpose and personal development. We begin to fulfill that restlessness, that something more, the longings of the heart and we begin to live free, closing the gaps between who we are and who God desires us to be.

GUIDELINES

Following are a few guidelines we need to establish to make our working relationship as productive as possible. If you have any questions, please call me before we begin coaching.

Sessions – You set the agenda. This is done by filling out and emailing a weekly prep form that I will provide before our first session. This form is an important part of the process as it lays the foundation for the best use of our time together.

Procedure – Because our coaching calls are the core of our communication, it is important for you to call me on time. During the time between our appointments, please feel free to email me with quick questions, struggles or praises. I enjoy serving you in this way!

Calls – Each meeting will last for the agreed upon time in our contract, but sessions could go longer at no extra cost to you. There will be no pre-determined length of commitment to use my coaching services or set frequency of meeting times. This will be determined as our relationship progresses. I offer standard coaching hours throughout the week that I hope will accommodate your schedule.

Rescheduling and Cancellations – **24 hours notice is required if you need to cancel or reschedule a call.** If you have an emergency, we will work around it. Otherwise a missed call cannot be made up or refunded.

Billing – An invoice will be emailed after each session. Checks must be remitted no later than 30 days from the billed coaching session and are payable to: JANICE BALDES UNLIMITED, LLC.

Code of Ethics – I acknowledge and agree to honor the International Coach Federation Code of Ethics (www.coachfederation.org) re: professional conduct, confidentiality, and conflicts of interest.

Problems – Our relationship needs to be based on absolute honesty with each other. If at any time you are dissatisfied with something, please bring it up! I will work with you to resolve any difficulties.

Follow-through – It is imperative that you apply yourself if coaching is to be successful. Our work will sometimes be very purposeful, goal-directed and dependent on you doing some homework. At other times it will be very broad in scope, requiring time in prayer, reflection and meditation on God’s word, His plan for your life, your vision, etc. Either way, **your real growth will come from the work you do in the time between our calls.** I do not have the answers you are looking for, but I will faithfully walk with you as you seek them from the One who does. Check yourself now on the true measure of your commitment to that kind of pursuit and make this a pivotal season in your life. The benefits you reap will last a lifetime!

ARE YOU READY?

- ✓ Are you ready to clarify your personal mission, purpose, and vision as well as your personal and/or ministry goals?
- ✓ Are you ready to be completely honest with yourself about where you are now and where you want to go from here in life or in ministry?
- ✓ Are you ready to move forward into a new season of life, making whatever healthy changes are necessary to bear more fruit?
- ✓ Are you ready to do what it takes to learn and grow and/or facilitate the ongoing equipping of others?
- ✓ Are you ready to make intentional choices that are in line with your core values, strengths, and temperament?
- ✓ Are you ready to invest time, energy, and financial resources as needed to follow through on your commitments and reach your goals?
- ✓ Are you ready to hear from God in the coaching process and to act on His leadings?

If you found yourself answering “yes!” to any of the above questions, I’d love to schedule an initial consultation, to see if coaching together is the next best step for you on your journey. I look forward to hearing from you!