

Coaching Introduction and Overview

Michael Gerber wrote in his book, *The EMyth*, “Great people create their lives while everybody else is created by their life.”

It is about living fully and with intentionality.

Great people have a vision for their lives. Great people practice and work toward it every day.

You can either make life happen or let it happen to you.

Together, we will discern where God is leading you, what you are called to do, and what you need in order to realize those purposes and vision in your life.

Clarity • **Calling** • **Competency**

What Coaching is

Coaching is going from where you are today, to where you want to go.

Coaching is a relationship in order to give clarity on how you want your life to be, then how can you go about living it.

The International Coaching Federation (ICF) defines coaching as, “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

Coaching is a powerful relationship between the coach and the client. In this high trust partnership, the client sets the agenda and learns through action.

Coaching is about moving forward and assists the client in creating a vision for the future.

Coaching is asking the tough questions and helps the client create the space to discover those answers. Ultimately, the choices and the implementation are the responsibility of the client.

Coaching is a comprehensive process designed to facilitate the creation of personal and/or professional goals and the development of plans and strategies for achieving those goals. This may involve many areas of life including work, money, health, relationships, education, faith and personal interests.



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What Coaching is Not

Coaching is not counseling, which addresses emotional pain, trauma, and problems.

Coaching is not mentoring, which is helping others to do what the mentor has done.

Coaching is not consulting, which assesses the situation, prescribes solutions, and may help with the implementation.

Coaching is not to be used as a substitute for professional advice by legal, medical, financial, business, spiritual or other qualified professionals.

Coaching does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association. Coaching is not a substitute for counseling, psychotherapy, psychoanalysis, mental health care, or substance abuse treatment.

The Coaching Relationship

The client and coach relationship is a partnership. The coach has no authority in the client's life. The client sets the agenda for each call by filling out a Prep Form, which will be sent to the coach a day before the scheduled appointment.

The client is responsible for all decisions made and for all actions taken as a result of the coaching calls. After each call, the client will fill out and send in a Summary Form of the session.

Each session will last between 30 and 45 minutes at a regularly scheduled time. Coaching sessions generally occur by phone but face to face meetings may be an option. I will be available for short phone calls (5 – 10 minutes) and by email between our calls.

As your coach, I will abide by and adhere to the code of conduct and the code of ethics both set forth by the International Coach Federation (ICF) <https://coachfederation.org>.

I am interested in God's best for you. I am committed to you. You will have my undivided attention. I will ask the hard questions and reflect back to you what I hear. I will challenge you and encourage you to explore new avenues. Mutual trust is crucial.

My goal is to help my clients realize their goals, grow spiritually, increase in influence and effectiveness, increase in self-awareness and attain a healthy balance in life.

Coaching is an investment in yourself, your future and your calling. The benefits multiply themselves over a lifetime.



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Confidentiality

All conversations, projects, or documents shared between coach and client are strictly confidential and will not be shared with any third party without the consent of the client. The only exception to this is a subpoena.

About Helen M. Mitchell

Helen M. Mitchell is the Director of the Talbot Center for Faith, Work and Economics at Biola University and Adjunct Faculty in the Crowell School of Business and the Talbot School of Theology at Biola University. She teaches Organizational Ethics in the undergraduate program and Leadership, Change and Innovation in the MBA program.

As a Faith@Work Strategist, Helen is a speaker, author, and coach to business leaders and pastors, and a voice for women in the marketplace. She started her business career with AT&T becoming a Vice President at the age of 30, and holding various leadership roles. As an early adopter of faith, work, and vocation in the local church, she became the architect and visionary of the Saddleback@Work ministry at Saddleback Church.

She previously served as Vice President on the National Board of Directors for the Association for Strategic Planning as well as was an officer on the Board of Directors for The YMCA of Orange County.

Helen holds a Masters in Organizational Leadership from Biola University and a Masters in Biblical and Theological Studies from the Talbot School of Theology, at Biola University. She also attended the Senior Executive Program at Columbia University.



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