

PIRA TRITASAVIT

KINGDOM PROFESSIONALS COACHING

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**HE SAID, SHE SAID, GOD SAYS:  
COACHING FOR MARRIAGE ONENESS**

23 THE MAN SAID, "THIS IS NOW BONE OF MY BONES,  
AND FLESH OF MY FLESH; SHE SHALL BE CALLED  
WOMAN, BECAUSE SHE WAS TAKEN OUT OF MAN."

24 FOR THIS REASON A MAN SHALL LEAVE HIS  
FATHER AND HIS MOTHER, AND BE JOINED TO HIS  
WIFE; AND THEY SHALL BECOME ONE FLESH.

25 AND THE MAN AND HIS WIFE WERE BOTH NAKED  
AND WERE NOT ASHAMED.

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**GENESIS 2:23-25 (NASB)**

1. THE HEART OF COACHING
2. COACHING BASICS
3. RELATIONSHIP DYNAMICS
4. LIVE COACHING DEMO
5. BREAKOUT SESSION

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# OVERVIEW

# WHAT IS COACHING?

“...PARTNERING WITH CLIENTS IN A THOUGHT-PROVOKING AND CREATIVE PROCESS THAT INSPIRES THEM TO MAXIMIZE THEIR PERSONAL AND PROFESSIONAL POTENTIAL...”

SOURCE: INTERNATIONAL COACH FEDERATION

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## 1. THE HEART OF COACHING

# WHAT IS COACHING?

“TO HELP OTHERS WANT WHAT THEY WANT MOST,

AND TO HELP OTHERS ACCOMPLISH WHAT THEY WANT MOST.”

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## 1. THE HEART OF COACHING

HOW IS COACHING DISTINCT FROM:

- \* COUNSELING?
- \* CONSULTING?
- \* PREACHING?
- \* TEACHING?
- \* MENTORING?

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## 2. COACHING BASICS

WHO SETS THE GOAL?

WHO DOES THE HEAVY LIFTING?

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## 2. COACHING BASICS

# THE FOUR A'S OF COACHING

I. ASSUME HEALTH

II. ASK POWERFUL QUESTIONS

III. LISTEN ATTENTIVELY

IV. FOCUS ON FORWARD ACTION

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## 2. COACHING BASICS



# I. ASSUME HEALTH

\* CONFLICT IS NORMAL

\* DIFFERENT IS NORMAL

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# 3. RELATIONSHIP DYNAMICS

## II. ASK POWERFUL QUESTIONS

- \* INTERVIEW EACH OTHER (OPEN)
- \* DO NOT INTERROGATE (CLOSED)

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# 3. RELATIONSHIP DYNAMICS

# EXAMPLES OF OPEN QUESTIONS:

- WHAT'S MOST IMPORTANT TO US?
  - WHERE DO WE SEE OURSELVES IN 5 YEARS?
  - WHAT DO YOU LOVE MOST ABOUT ME/US?
  - HOW DO YOU FEEL ABOUT...?
  - WHAT WOULD IT LOOK LIKE IF WE WERE ON THE SAME PAGE ABOUT...?
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## 3. RELATIONSHIP DYNAMICS

### III. LISTEN ATTENTIVELY

- \* WITH EARS & EYES
- \* BODY LANGUAGE
- \* REPEAT BACK (ECHO)

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## 3. RELATIONSHIP DYNAMICS

## IV. FOCUS ON FORWARD ACTION

- \* COMMON DESIRES
- \* CHALLENGING GOALS
- \* CLEARLY-DEFINED ROLES

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# 3. RELATIONSHIP DYNAMICS

A. WHAT DID YOU OBSERVE ABOUT THE COACH? THE PERSON BEING COACHED?

B. WHAT DID YOU OBSERVE ABOUT THE COACHING PROCESS?

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## 4. LIVE COACHING DEMO

A. PAIR UP AND COACH EACH OTHER.

I. FIRST PERSON GOES FOR 3-5 MINUTES.

II. SWITCH ROLES FOR 3-5 MINUTES.

B. IMPLEMENT THE 4 A'S

C. REFLECTION: WHAT WAS DO-ABLE? WHAT WAS DIFFICULT?

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# 5. BREAKOUT SESSION

22 THE GLORY WHICH YOU HAVE GIVEN ME I  
HAVE GIVEN TO THEM, THAT THEY MAY BE  
**ONE, JUST AS WE ARE ONE;**

23 **I IN THEM AND YOU IN ME,** THAT THEY MAY  
BE **PERFECTED IN UNITY,** SO THAT THE  
WORLD MAY KNOW THAT YOU SENT ME, AND  
LOVED THEM, EVEN AS YOU HAVE LOVED ME.

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**JOHN 17:22-23**



# TAKE ACTION

GET COACHED

GET TRAINED

STAY CONNECTED

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