

5 WAYS
BEING A COACH
CHANGED MY LIFE



CAM Monthly Webinar

November 9, 2017



BEST PRACTICES

- Lots of attendees, so everyone is MUTED.
- Use the QUESTION feature to ask and share anytime
- SHARE your experiences and examples
- Keep things CONFIDENTIAL

Today's Agenda

- ✓ What's it mean to “BE” a coach?
- ✓ 5 ways being a coach changed my life
- ✓ How has being a coach changed your life?

What's it mean to BE a coach?

Doing	Being
Activity	Identity
What can I do in terms of skills, competencies, ability, and knowledge?	Who do I believe I am in terms of the story I am in and the role I play in that story?
Coaching at the doing level is about being proficient as a coach, but it doesn't penetrate the coach's being or inform the coach's identity.	Coaching at the being level demonstrates the coach's understanding of self and place in the world is different because of coaching.
Coaching is something I pick up intentionally when the occasion calls for it.	Coaching is something I lay down intentionally when the occasion calls for it.

What's it mean to BE a coach?

Being a coach changes what you **believe** about the world and your place in it.

Any change in belief results in several changes in how we approach life.



I believe other people are just as capable as I am.

I have dialed down my messiah complex.

I am much more aware of pride and arrogance masquerading as “concern and help.”

I support charities that honor the dignity of human agency and do not give to those that create dependency.



I believe healthy people trust their own wisdom much more than they trust wisdom offered from others.

I give far less advice.

I invite others to deliberate options, including the ones I might offer.

I am cautious when someone offers advice without truly knowing my context and expressing empathy.



I believe it's best to engage without trying to control.

This affects how I show up in relationships (parent, spouse, etc.).

I am more aware of those who bully to get their way or try to control rather than collaborate.

I am also more aware of those who do not engage.



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I believe process is at least as important as ideas.

In groups, I now use my energy to help the group process the questions to reach a fruitful end rather than waste my energy being frustrated that they won't listen to my solution.

With individuals, I can strive to help them process with intentionality rather than hunt and peck for ideas.



I believe every person is living a story that could be (and might be) a heroic adventure.

I am more interested in creating space and being curious about their story than sharing my story.

I am more likely to notice when someone is monopolizing the conversation and (to be perfectly honest) I have less respect for those who do.

How about you?

How has BEING a coach changed your life?

UPCOMING ADVANCED

CLASSES:

FEBRUARY

- CAM 503 Coaching Change, Transition and Transformation
- CAM 505 The Language of Coaching
- CAM 512 Coaching and Positive Psychology

MARCH

- CAM 508 Coach Approach to Evangelism and Discipleship

NOTE: CAM 500-level course prices will increase from \$450 to \$495 effective January 1