

What is Coaching?

Coaching involves a relationship built on trust and mutual respect. It is an alliance that is designed by you and your coach for the purpose of helping you realize your full potential. Coaching helps you identify goals and, at its best, is a very collaborative journey to achieving those goals.

January – March 2010

The Power of Being Heard...

While flying to Kansas City a few months ago to facilitate coach training the plane was packed. The flight attendant came on and said we would all have an elbow buddy meaning every seat was taken. After all had boarded I found myself sitting by a Lieutenant Colonel in the Army.

At first we exchanged greetings only and settled in for our flight. After having taken off I pulled out my legal pad and pen and started writing this blog post.

The man noticed the title and asked me about it. I began to explain to him that I was a coach and how I am being reminded almost daily how important it was to be a good listener.

He asked if I would mind if he asked me some question about coaching. He asked question after question. Finally he told me what his mission was and that he was going to train officers on ways to encourage input from their subordinates. That intrigued me so I listened.

About an hour later we started our descent for Kansas City. During this time the officer had convinced himself of the empowering nature of being heard and had develop a new game plan for his training. Out of this whole time I asked three questions and listened for the remainder of the time.

Out of this experience I was reminded just how empowering it is to be heard, *really* heard. As coaches we practice the skill of listening constantly. It is absolutely essential to the process of coaching.

How does being heard empower the person being coached? Good question right! Here are some gleanings from my conversation with the officer.

Being heard builds trust. As the person being coached realizes they are being fully heard trust begins to build and the conversation deepens. The officer said “Wow you are really interested in what I am saying aren’t you!”

Being heard promotes discovery. As trust builds and the conversation deepens there is a greater opportunity for discovery. Dreams are revealed, insight is sharpened, issues and solutions come into full light.

Being heard leads to movement. As dreams are revealed, insight sharpened, issues and solutions come into full light then next steps can be developed to move the person being coached from where they are to where they want to be.

Being heard produces accountability. There is something that happens when someone hears their own words and realizes someone else has heard them speak those same words. It produces a sense of accountability. They have said and been heard saying this so they are more compelled to do it.

There is power in being heard. What do you think?

Class Titles:

- 501 – Building Blocks for Powerful Coaching: *Pre-requisite*
- 502 – Establishing a Dynamic Coaching Relationship
- 503 – Coaching Change, Transition and Transformation
- 504 – Coaching As a Learning Catalyst
- 505 – The Language of Coaching
- 506 – Personal Coaching
- 507 – Coaching Teams
- 508 – Coach Approach to Discipleship and Evangelism

Class Schedule:

February	9 – 10, 2010	501
March	16 – 17, 2010	504
April	20 – 21, 2010	502
May	18 – 19, 2010	505
August	17 – 18, 2010	506
September	28 – 29, 2010	501
November	16 – 17, 2010	502
December	1 – 2, 2010	508

FOR MORE DETAILS AND TO REGISTER GO TO:

www.tbccoaching.org

Links

- [TBC Coaching Center](#)
- [Coach Approach](#)



Jerry Essary, Director
800-558-2090 ext 2059
jessary@tnbaptist.org



Diana Cox
Administrative Assistant
800-558-2090 ext 2058
dcox@tnbaptist.org

“Thank you for the gift that you have given to us in Tennessee by making this ministry possible and affordable. I believe the ministry skill of coaching will serve as a tool – a “hinge pin” – in providing the catalyst of connection we desperately need to navigate through these days of transition into greater days of future Kingdom service.”
Lonnie Sanders, Minister of Education, West Jackson Baptist Church, Jackson, TN

“The coaching resources offered by the TBC staff are a great tool...They help ministers get from where they are to where they want to be both personally and in the work of the church. I have benefited from their ministry.”
Pastor David Leavell, First Baptist Church, Millington, TN

“Thank you for your inspiring leadership during the recent “Coaching 501” training. This class was a major step in a good direction for me. Christian coaching is such an exciting way to serve the Lord!”
Pastor Jonas Taylor, West Hills Baptist Church, Lebanon, TN