***The 7 Benefits of Christ-Centered Coaching***

*Creswell, Jane Christ-centered Coaching: 7 Benefits for Ministry Leaders (St Louis: Chalice Press, 2006)*

*1) Christ-centered Coaching* **Leverages Your Strengths**

* Skills are acquired. Strengths, on the other hand, are inherent in who you are as a person. They are what you are born with. Strengths are talents, gifts, abilities, personality preferences, and cognitive preferences.

*2) Christ-centered Coaching* **Provides Clarity and Focus**

* Clarity in life involves knowing who you are and what you are called to do. For this you have to know what your strengths are and how those strengths can be used in your calling.

*3) Christ-centered Coaching* **Instills Confidence**

* On the outside it looks like some missionaries are the epitome of confidence; on the inside that could not be further from the truth. One benefit of Christ-centered coaching is developing greater confidence in your ability to come up with good ideas and to carry them out.

*4) Christ-centered Coaching* **Catapults Learning**

* The first thing people do when they realize they need knowledge that they do not have is to begin a search for that knowledge externally. But you can take another path. Internal resources allow you to look deep inside at experiences and knowledge that may be deeply buried because you haven’t used it in a very long time or because you have had no need to connect it in ways that apply to your current situation.

*5) Christ-centered Coaching* **Fosters Intentional Progress**

* Having a Christ-centered coach helps people become self-accountable. Continually failing to keep your promises to yourself chips away at your self-trust. A coach can help you develop a habit of keeping your promises to yourself.

*6) Christ-centered Coaching* **Rubs Off on Others**

* Those who love the Lord with *all* their strength inspire others to love the Lord will *all* their strength. Coaching is about other’s strengths. It’s about *their* clarity and focus, *their* addressing their fears, and *their* determining what needs to be learned.

*7) Christ-centered Coaching* **Encourages God-Sized Goals**

* Coaching provides support for God-sized goals – those opportunities that go beyond what we know how to do or know we can control. Christ-Centered coaches frequently get to enjoy seeing people reach this level, seeing God work in amazing ways.