

...now from people at UV who've been coached ...

"Coaching helped me look at things from a different perspective with fresh understanding ... it's a step in the right direction. A bit like deciding to get fit and signing up to a gym!"

"It's about accountability to someone, agreeing priorities for ways of going forward, which gives me the incentive to carry them out. It's about sanity, checking some life issues, e.g. is what I am stressing about really an issue? A coach can provide a reality check and help to get things into perspective."

"Working in confidential partnership with my coach, I have been able to make steady progress towards attainable goals that have made a real difference. Crucially, the process is embedded within a Christian perspective, for me it was very much about relinquishing independence and really listening to God. Very spiritually liberating!"



"I now have a range of new tools which I can use to help me navigate my way through challenging situations as well as to think more clearly about the more mundane things of life. God used this coaching ministry to bless me."

"One of the issues I was struggling with was my work/life balance. Talking this through with my coach really helped me to set boundaries and see ways of managing my time better".



Who are the coaches?

We currently have 10 coaches available at Upton Vale. They have all undergone a series of training sessions and will have a supervisor to help and support them. People will be coached by someone of the same gender.



Want to find out more?

If you have any questions or want to chat further, please contact Dave Hibbin dave@uptonvale.org.uk or Julie Cubitt julie@uptonvale.org.uk or via the Church Office.

How can I get a coach?

Tania Vaughan is our coaching administrator - please contact her via e-mail tania@uptonvale.org.uk or via the Church Office if you would like to make an appointment with a coach.

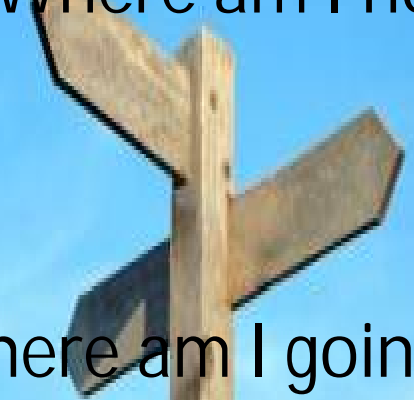


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Coaching at UV

Where am I now?



Where am I going?

How am I going to get there?

What is coaching?

At its heart, coaching is simply asking the following three questions:

Where am I now?

Where am I going?

How am I going to get there?

At Upton Vale, we recognise that every person's *discipleship journey* is unique to them. Because of this we offer the opportunity for you to meet with someone who, using coaching methods, will help you figure out:

- where *you currently are* on your discipleship journey
- where you are *heading*
- what *changes* God might be prompting
- to discover the *next steps* you can take
- what *resources* are available to help you

Coaching values God's work in you as a person, what He has already done and is doing in your life, what He has placed within you. The coach aims to keep in step with the Holy Spirit (Ephesians 6), in other words to come alongside you to support and encourage you, and to help you discover and draw out that God given potential.

"Coaching is a great way of setting aside time to think through and process issues that affect us in day-to-day life."

What coaching isn't...

Coaching is *not the same as counselling*. Its emphasis is more forward looking. A coach is not someone that is going to fix a problem for you or give you expert advice. Where counselling is more appropriate, other resources are available at UV are: one-to-one counselling and the Pathways to Wholeness Course.

"Coaching changed the way that I think!"

The details...

Two types of coaching are available at Upton Vale: *Discipleship Coaching* and *Life Coaching*.

Discipleship Coaching is a one-off meeting with a coach to look at a specific discipleship issue. For example, you may feel God has given you a gift or a desire to serve Him in a new way, but you don't quite know how to take the next step; or you may be seeking a deeper, new experience of prayer; or have a new hunger for God and want to deepen your understanding; or there may be nothing that springs to mind, but you know you want to move on with Christ.

This opportunity begins with you filling out a *Discipleship Health Check* before meeting with your coach—copies of this are available from the Link at the back of Church, the Church office, or can be downloaded from the website.

When this has been completed, together you can reflect on your responses, consider where the Holy Spirit is nudging you, what changes you would like to see happen, what resources might be available, what obstacles you might be facing, and what next steps you can take.

There will be an opportunity for a follow-up meeting.

"The coaching I received through UV has really helped me to focus on a few issues in my life that needed attention."

Life Coaching has a broader remit than *Discipleship Coaching*, and offers the opportunity to look at any area or aspect of your life where you would like to see change. It usually involves meeting for up to six sessions with a coach. Sessions last between 45mins to an hour, are confidential and normally take place every 2-3 weeks.

"I would thoroughly recommend Coaching to others."