



- Need to get something **done**?
- Need to make a **change**?
- Need a **partner** to journey alongside you?

Get a Coach!

Coaches help you discover your goals and how God is calling you.

What is the commitment?

For best results, we recommend an initial commitment of 3-6 sessions with a coach, scheduled in a way that works for both. Longer-term coaching is available too.

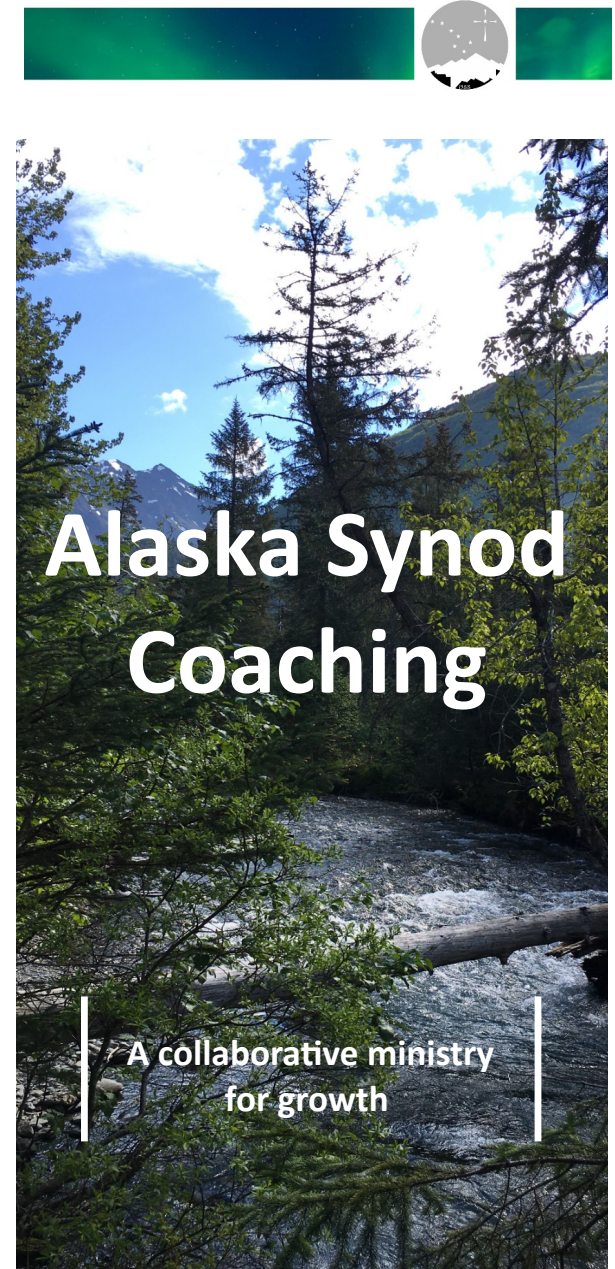
Who are the Alaska Synod Coaches?

All Alaska Synod coaches have an ELCA Level 1 training led by an International Coaching Federation certified coach trainer. Many coaches have also taken Level 2 training in a specialized area such as discipleship, stewardship, group coaching, grief coaching and more.

Need more information?

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Alaska Synod
Evangelical Lutheran Church in America



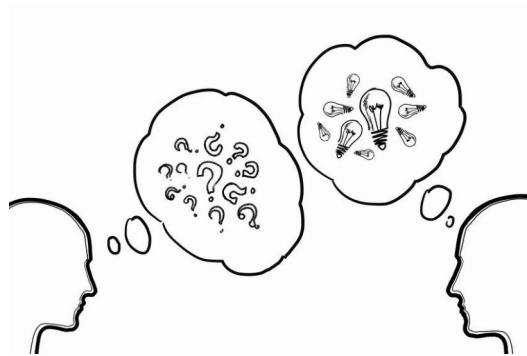
What is coaching?

Coaching is a relationship in which a trained coach uses bold questions, strategic listening, and accountability. Using these tools, a coach helps you **to discover and utilize your strengths and insights to accomplish your goals.**

The coach is not a know-it-all. You set the agenda and the coach assists you to grow into your God-given potential.

We coach toward:

- increasing self-awareness;
- acknowledging strengths and weaknesses;
- addressing self-defeating talk, fear, bad habits, and inconsistent behavior; and
- re-examining perspective, values, potential, or future life choices.



How does it work?

You and your coach start with an initial conversation (no cost) to clarify expectations and see if you would make a good team. If so, you will sign a coaching covenant and begin working toward your goal.

Only Zoom, videoconference, or phone appointments are available at this time.

Is there a fee?

Most coaches receive compensation for their work and use a sliding fee scale. Congregations and individuals may also choose to share costs, or utilize continuing education funds. If you need a coach, we will work with you to make it happen!

Who can be coached?

Coaching is for anyone pursuing clarity and growth in life and ministry. For example:

- first call pastors
- synod council leaders
- congregational presidents
- council members
- people discerning a call to ministry
- committee chairpersons
- worship and music leaders
- stewardship leaders
- youth and family ministers
- members of call committees
- outreach strategy leaders
- teachers

Both individual and group coaching are available. Alaska Synod coaches may have limited availability for those outside ELCA congregations, so please inquire!

