**QUICK TIPS IN COACHING**

**STRESS MANAGEMENT AND SPIRITUAL AREAS:**

 **These areas are more complex, demanding high levels of divine help to accept others where they are. As always, ask permission to explore.**

**Stress management:**

* Maintain patient listening and faithful caring to encourage exploration.
* Explore how past stress reactions have been handled and who helped.
* Gently ask about their habits, relationships and efforts to control stress.
* Explore where they are feeling stress, mentally, physically.
* Be alert to addictions, depression and medications taken.
* Ask if prayer helps reduce the impact of their stress.
* Assure them of confidentiality and ongoing support in their journey.
* Request extra prayer before planning vision & goals.

**Spiritual area:**

* Explore carefully where they are in their spiritual journey.
* Be very sure of good rapport and their openness before exploring with them.
* Warm tone of voice in questions you ask, be sensitive to their comfort.
* Assure them confidentiality and genuine support whatever they say.
* Explore family relationships spiritually, positive or negative.
* Explore gently what their picture of God is - see sample spiritual questions.
* Pray with them before they plan vision or goals in this area.

**Cautions:**

* Avoid getting caught up in emotional areas as these are above.
* Avoid temptation to make converts to personal view of coach.
* Avoid talking too much, coach should be less than 50%.
* Avoid being the "expert" instead of helping them find their own answers.