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## Conquering Life's Mountains Together!

Personal Life Coaching

October 2005

### Greetings!

We hope you enjoyed our premiere Life Coaching Newsletter. The Scriptures tell us God wants the Body of Messiah to *bear one another's burdens, and thus fulfill the law of Christ* (Gal. 6:2). With our Coaching training and life experiences, we have learned ways to help others to move up to their potential. God is the leader and we are the vessels He works through.

We hope you enjoy this month's subject on change. We are always happy to receive emails ([info@setapartmingb.org](mailto:info@setapartmingb.org)) or phone calls (866-634- 0291) if you have any questions.

Blessings in Jesus our Messiah,

Barbara Klika and Marilyn Guffey, Personal Life Coaches

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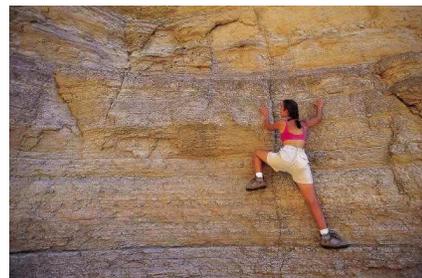
### *Moving Forward: Making Positive Change*

For many people the word *change* can be a frightening word. For some, they just plain don't like it and won't! Then there are those that know somehow they need to change, but.....

*Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come* (2 Cor. 5:17). In Scripture, we're told to *be holy as He is holy, to walk as Jesus walked*.

Then, there's work, marriage, parenting, household chores--how do we handle it all? How do we become the people God wants us to be among all the other parts of our lives.

One step to take is to begin evaluating the different areas of your life, which we'll talk about next time. Did you know, though, that there is a process we go through with change? It's called the *Stages of Change* by J. Prochaska. Here's a quick overview of the Stages. For more information, click on the link below for a webcast by J. Prochaska (please note: Set Apart Ministries, Inc. doesn't necessarily endorse all the information given).



1. **Precontemplation:** No awareness of change needed
2. **Contemplation:** Knows there's a problem and change is needed
3. **Planning:** Beginning to formulate a plan, may include some anxiety
4. **Action:** Strategies and performance
5. **Maintenance:** Committed to the changes, learn how to prevent relapses
6. **Termination:** No longer tempted to relapse, new behaviors have become a habit

[To learn more.....](#)

### *About Us*



**Barbara L. Klika, MSW, LCSW** is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is here to offer her skills in the areas of communication, problem-solving, and behavior change. In Coaching, you come for help in making decisions and implementing, in order to achieve goals that you decided for yourself.

**Marilyn T. Guffey, lay counselor**, has worked in a church setting for ten years and with Set Apart Ministries, Inc. since January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. Marilyn has worked extensively with women by coming alongside with support--spiritually, emotionally and practically--through encouragement and prayer.

### *We'd Love to Hear From You!*



Email us at [info@setapartmingb.org](mailto:info@setapartmingb.org) with any suggestions, feedback, or questions you would like to ask. We are looking forward to having teleconferences on a variety of subjects that people would like to discuss. Barb has an extensive mental health background and both Marilyn and Barb have been involved in extensive bible study and discipleship. So let us know what you'd like to see provided.

Teleconferences are done as a group. We will provide you with the telephone number and pin number to be included in the call. It's fun and it's great to meet and talk with people from all over the U.S.

email: [info@setapartmingb.org](mailto:info@setapartmingb.org)  
phone: 920-432-5002

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