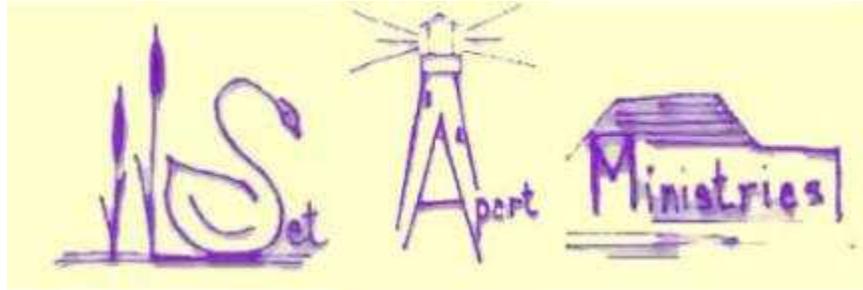


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Conquering Life's Mountains Together!

Personal Life Coaching

November 6, 2005

Greetings!

Blessings from Set Apart Ministries! How did your evaluation come out when you did the Pillars? Were you pleasantly surprised, mildly shocked or SHOCKED!

Until we sit down and actually take the time to look at the different areas of our life, we don't see the imbalance that can be there. What with work, spouses, children, friends, housework.... Just how can we keep it all together? How can we focus on those areas that can use some help?

In our article today, we'll teach you a little more about how a coaching relationship works. As always, we're happy to hear from you with any questions you may have. Email us at info@setapartmingb.org or call 866-634-0291.

Blessings in Jesus our Messiah!

Barbara Klika and Marilyn Guffey, Personal Life Coaches

How Coaching Works



Just as personal trainers help people reach their full physical potential, a personal life coach can help you get the most out of life. A Personal Life Coach helps people set goals, achieve what they never thought possible, help them to understand and bring out the strengths that are inside, and live a more purposeful, contented life. As personal coaches working from a Judeo-Christian worldview, we will come alongside you to help you fulfill those goals with a scriptural perspective and prayer, seeking God's will for your life. Each Coaching Appointment begins with your report on your progress for the previous week and will end with setting actions steps for the following week. How does this work? Below are some elements of coaching relationship.

Coaching is:

Action Oriented You might be surprised to learn that the coaches aren't there to give

you advice. We will ask powerful questions that will help you to examine the things in life that matter most to you from a new perspective. You could find a new way to understand the events of your life and gain more clarity on what the Lord is asking of you.

A Relationship A coach is a friend and confidant, supporter, and someone who will get to know you well enough to challenge you to do your best work. Being in a safe, transparent relationship with your coach frees you to seek out new ways of doing things.

Change Focused You will be able to accomplish more than you ever imagined with support, encouragement and accountability from someone who believes in you. We will help you to stay on track, overcome the stumbling blocks and go from "I want to, but..." to "Here are the steps, I'm going to take!"

A Move Toward Maturity As coaches, we do not give the solutions; we will help you solve the problems yourself. We are here to help you learn how to solve problems, not tell you what to do. As you grow and learn, coaching prepares you to overcome even bigger challenges in the future.

What Will You, as a Coach, Help Me With?

What can you think of--regular exercise, getting organized, a more disciplined, Godly walk, becoming a new parent, working through life's transitions of job changes or empty nest, turning a dream into reality! What do you want to accomplish?

Coaching will work in almost any situation because it is about helping you learn. We are not consultants who advise you in a particular field, and we are not mentors showing you how to do something. Coaches are change experts to help you find the solution for your own specific situation.

We are here to help you get started! The initial coaching call is FREE. Call us today at 920-432-5002 or email us at info@setapartmingb.org with any questions you may have. We are here to help move you towards the goals you've been wanting to achieve for years!

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 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.

[For more information click here for our website](#)

Keeping Your Joy Full!



The Word of God is living and active and sharper than a two-edged sword (Heb. 4:12).

The Word of God has the ability to convict, and also to bring joy! Many people have memorized special verses to help them through difficult times. I have underlined many scriptures that I will turn back to when I'm needing encouragement. My own personal favorite has always been Philippians 4. Did you ever count how many times Paul wrote **joy** or **rejoice** in the book of Philippians? This was written by a man sitting in prison! It always helps me to turn my thinking around to gratefulness and joy for what God has done in my life.

Other favorites people have told me are: *I will never desert you nor will I ever forsake you...The Lord is My helper, I will not be afraid. What shall man do to me.* (Heb. 13:5&6).

Yet those who wait for the Lord will gain new strength. They will mount up with wings like eagles. They will walk and not get tired. They will walk and not become weary. (Isaiah 40:31)

Email us at info@setapartmingb.org with your favorite verse and how it has helped you to restore your joy in the Lord and we'll share it in future newsletters.

email: info@setapartmingb.org
phone: 920-432-5002

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