



Parenting as a Coach

- “Being heard is so close to being loved that for the average person, they are almost indistinguishable.”
- Jesus was the original Coach. Jesus asked 307 questions in the Gospels and only directly answered 3 of the 183 that He was asked. Jesus responded in question, example: “Who do you say that I am?”
- Elements of a Coaching conversation
 - Active listening
 - Curious questioning
 - Creating awareness
 - Designing action and accountability
- If you ask a question that begins with:
 - ‘What’ – our brain goes to creativity
 - ‘How’ or ‘Why’ – our brain goes into problem solving mode.

I want to continue to develop in my ability to...

- 1.
- 2.
- 3.
- 4.
- 5.

I DON'T WANT TO FORGET:

I AM WALKING AWAY WITH:

...that I didn't have before we started.