



The core purpose of New Life Coaching is to help you become *more like Jesus - particularly to help you more skillfully come alongside the people in your life and help you be with them* in ways that genuinely help them grow.

- Learn the skill of active Listening and how to hear not only words but how to fully engage in meaningful dialogue.
- Learn how to develop Core values and understand how they keep your life on course.
- Learn how to ask powerful questions.
- Learn how to work towards living a balanced life.
- Learn the art of affirmation.
- Learn the skill of growth thru confrontation.

The program consists of 3 sessions lasting approximately 2.5 hours given once a month. Each session has two lessons. Workbooks will be handed out for each session.

For 12 years I have been involved in the Florida Conference coaching program and in that time I have learned what it means to really listen to people, not just to hear the words but to connect with them on a level that I did not know was possible. I have learned how to deal with confrontation in a redemptive way that seeks to help people move forward in their life.

I am extremely passionate about teaching the coaching skills because they work and I have seen how they empower people to create, grow and maintain meaningful relationships. There are few things in this life that are richer than that.

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