

A LifeSigns Coaching Guide

Take a few minutes to...Relate and Connect

- Share a bit about yourself (i.e., time at Bent Tree, married, kids, etc.).
- Ask about them: "Before we get into your LifeSigns Profile, tell me a little about yourself..."



Set the stage and clarify expectations: "Over the next 30-60 minutes, my role is to..."

- **Listen:** "This is a safe place and totally confidential."
- **Love:** "I really do care about you and I want to help you take the next step."
- **Point:** "I'll do my best to point you to Jesus, to scripture, and to growth resources."



Start with the "Big Picture" on p. 3 of the Profile

- There's usually time to only cover 2-3 areas; you don't have to go in order!
- Ask: "Where do you want to go first?"



Look at their "Self-Selected Priority" for that area on p. 4 of the Profile

- This is your table of contents.
- "Since you'd like to talk about Money and Finances, let's flip to page ___."



(turn the page)

Step 1: Where are you now?

- Turn to the appropriate page.
- Start with the graph. "What's going WELL when it comes to ____?"
- Then ask, "What challenges or struggles do you face...?"



Step 2: What does God have to say?

- What did you pick as your #1 Priority? WHY?
- Read the Scripture provided.
- Ask them, "What do YOU think the scripture is saying?"



Step 3: What's your next step?

- Tools and Resources: "What tools might help..."
- Commitment: "What might be your next step?"
- Encourage them to write down their GROWTH ideas and next steps!



Turn back to the "Big Picture" on p. 3 and repeat the process.