

# New Hope Coaching Cohort

(part of Nurture Team under COM)

What is Coaching?

What is a Coached Session Retreat?

How Can It Help Our Church?

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## What is Coaching?

- When a coach comes alongside to provide a directed, thought-provoking creative process – driven by the client to inspire them to professional/personal potential.
- Coaching **IS NOT**: Mentoring/Consulting/Psychological Counseling/Spiritual Direction
- Coaching **IS**: A Self-Discovery Process to enable people/groups to realize their potential through directed help.

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## What is A Coached Session Retreat?

- Group Coaching provides a forum for a Coach to provide the same thought provoking creative process.
- It is based on session-defined topics/issues of concern/ opportunity.
- The process is 2 – 3 hours; introduction/training with breakout groups for the topics; followed by coached assistance to broaden/ enhance the thinking/planning.
- A writing team is chosen to prepare a synopsis of decisions/actions taken/planned.

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## How Can It Help Our Church?

- Post-Covid New Normal; What Will It Look Like?
- Long Gaps in Physical Corporate Worship Impacted All Churches
- Thinking 3 – 5 Years Ahead in the New Paradigm Is Essential
- Coached Session Retreat Clarifies Key Topics and Provides an Action Plan to Get There
- All Done So As To Provide Spiritual Growth/ Understanding on Part of Church/Session/Pastoral Staff

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## Who are NHP's Coaches?

- Lakesha Bradshaw Easter
- Holly Cook-Wood
- Katie Crowe
- Felecia Hardy
- Kerri Hefner
- Jim Kinney
- Brandon Melton
- Cathy Mooney
- Doug Slater
- John Winings
- Jim Workman

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## How Do We Get Started?

- **Contact Brandon Melton/Jim Workman:**
  - Brandon Melton: [brandonmelton@nraleighpc.org](mailto:brandonmelton@nraleighpc.org)
  - Jim Workman: [jim@olivebranchtherapync.com](mailto:jim@olivebranchtherapync.com)

## I Have Some Questions; How May I Ask Them?

- Contact either of the two email addresses above or:
  - John Winings: [jwinings@oxidyn.com](mailto:jwinings@oxidyn.com)

Or, Check Out The “*Coaching Ministry*” Page on New Hope’s Website, or email:

- [coaching@nhpresbytery.org](mailto:coaching@nhpresbytery.org)