



Finding a Coach

1. Why do I need a coach? (See Ecclesiastes 4:9-12.)

David would never have been the king he was supposed to be without the guidance of Samuel, just as Timothy would have struggled without the encouragement of Paul. The wisdom of a coach will help you accomplish your goals by providing insight, wisdom, encouragement, and creativity. You will face struggles as a CM, and a coach can use his/her experience to help you get through them. It is as simple as that.

2. What do I look for in a coach?

- Faithfulness—The key is to find a Christian coach who will help you seek God, develop your gifts, and build the Kingdom.
- Availability—After finding a godly example, you need to find someone who has the time to dedicate to being a coach. Not a lot of time is required, but the time given must be consistent.
- Willingness—Finally, you simply need to find a coach who is willing to coach you and willing to commit to one school year.

3. How do I ask someone to be a coach?

Remember, you have not because you ask not (James 4:2). Though this may seem to be the most difficult step, it is actually the most exciting. It is the start of a coaching relationship.

- Share your goals.
- Share your need for help, encouragement, and accountability.
- Provide the individual with "How to Coach a CM."
- Ask him/her to consider being your coach.
- Allow the individual to have some time to consider the request. Set a date for when they should get back in touch with you.

Methods: Keep in mind that the best way to make this request is face to face. However, you can also request this via the phone, e-mail, or your youth leader. If you do not ask them face to face, you will want to make sure that they receive the "How to Coach a CM" sheet prior to their making a decision. It is okay to make the request and notify them that they will be receiving the sheet soon.

4. How do I be coached?

- Be willing to have someone speak honestly to you.
- Accept both the compliments and the constructive criticism.
- Confess your struggles and ask for advice.
- Respond to a coach's suggestions as a learner, not as an expert.
- Trust that they have your best interests in mind.