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Growth Coaching is a relationship of sharing Christ's love between a Coach and a Coachee for the purpose of nurturing personal growth. This is modeled along similar paths seen in scripture through teams such as Paul and Timothy, Naomi and Ruth, even Jesus as he taught and encouraged his disciples. Growth Coaching has a holistic intention which revolves around growth in relationships with God, Relationships with others, how we develop Ourselves, and this World we live on. It looks at all areas of one's life and finds suitable channels for which to help a person grow and evolve in maturity within these.

The Coach's vision is to serve the Coachee by supporting their desire to learn. A Coachee may be interested in learning to up-skill in an area they are passionate about or learn good relationship skills for building friendships. They may have a desire to develop a fitness/weight loss programme or explore faith/spiritual matters. They may even require guidance on habits/addictions or identifying their gifts and finding the right environment to use them.

A time frame will be suggested for your coaching experience. This is a guideline only and is used to help focus upon specific goals established by the Coachee with the assistance of the Coach. Upon completion of the specified time, it is an expectation that coaching will conclude with the vision for the coaching being successfully achieved. If both parties see fit that coaching is to continue, a new Growth Coaching relationship with new (or re-designed) expectations and vision will be formed.

Growth Coaching is not Counselling, Mentoring or Spiritual Direction. While these are all important areas of ministry, and may come as a result of Growth Coaching, it may be the role of your Growth Coach to direct you towards these. It's not an expectation of the Growth Coach to fulfil them in an ongoing way.

For Growth Coaching to occur most effectively, there are some expectations required from both the Coach and the Coachee in order to gain the greatest benefit from the formal relationship without losing the intimate relational dynamic which forms the foundation of any ministry.

Expectations of your Coach:

* The Growth Coach is a volunteer and provides their service as an act of worship, they are not under contractual obligation so please respect the time and care with which they have made themselves available.

* Prayer may be an ongoing part of Growth Coaching, it is expected that the Coach will wish to seek God and minister according to their Christian principles. Because of this, the coach may offer to pray as part of the process.

* If the Coaches service is abused, the coaching relationship may have to be stopped.

* If you feel you are being treated inappropriately, please discuss this with your coach where possible. If this is not possible, the Senior Pastor or the Community Development Pastor will be available to hear your concerns.

* You need to know that the Coach may seek counsel from another to provide the best benefit to your time in the programme. This will be done only with your approval and every measure of confidentiality will be taken according to the Privacy Disclaimer.

The appointed meetings are there for your benefit so please save all matters concerning your Growth Coaching for this time. From time to time your Coach may advise on the advantage of certain activities or "Homework", this will be for your gain and is set for the purpose of helping you achieve the goals you have decided upon when coaching was commenced.

Encourager for the Coachee:

It is suggested that a trusted friend or "Encourager" is invited along this journey you are embarking upon. This person may not necessarily attend the meetings you will have with the Coach, but they will be someone you can share and reflect upon progress and celebrate achievements with. It is hoped that you will meet regularly with your Encourager, although this is not a prerequisite.