



MINISTRY TRANSITION COACHING

***Your New Appointment Qualifies
You for Up to 12 coaching sessions!***

- Build your resiliency. Reach your goals. Boost your confidence.
- Coaching is completely confidential.
- You determine the topics for each session.
- You are the expert on you. Your coach helps you access the answers within you through deep listening and powerful questions.
- The Michigan Conference of the UMC offers coaching as a gift to clergy and church leaders in transition -- valued at \$600-900.
- Michigan Conference coaches are trained through Coaching4Clergy's ICF accredited coach training program.

*Request a Coach: <http://bit.ly/micumc-coaching>
Questions? Comments? Contact Naomi García,
MiConference lead coach, ngarcia@michiganumc.org
Learn more: michiganumc.org/coaching-faq*



FREQUENTLY ASKED QUESTIONS ABOUT COACHING

MiC Coaching, The United Methodist Church

What is coaching?

- The International Coach Federation defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”
- Others might define coaching as:
 - Discovery-based process to help people get results by bringing out the best in themselves
 - A healthy, encouraging and grace-filled way to challenge assumptions that lead to a shift in perspective, emotion or attitude uncovering new possibilities.
- Coaching operates from the perspective that the client has the answers within themselves. Through deep listening and powerful questions, a coach enables the client to gain clarity about what they really want.
- Coaching maximizes potential, moving people from good to great as they are ready.

Is it confidential?

- Yes. Everything shared between the coach and the client is absolutely confidential.

Who can benefit from coaching?

- Anyone willing to invite new awareness, understanding, and plan for change can benefit.
- Anyone reaching for professional and/or personal goals
- Someone who appreciates a sounding board when making decisions
- Clergy or laity who want to grow in professional and personal development, communication and life skills
- Anyone who could use a cheerleader, accountability partner and unconditional supporter.

What do people say about being coached?

- “I wish I had a coach years ago.”
- “It is almost magical how creating a safe, dedicated time for thinking, clears a path to new thinking.”
- “A resting place for sound thinking.”
- “Unexpectedly ‘easy-hard’ every time.”

FREQUENTLY ASKED QUESTIONS ABOUT COACHING CONTINUED

What kind of topics can you be coached on?

- Most anything. The topic is determined by the one-being-coached.

How is it different from counseling/therapy?

- Counseling/therapy looks to the past to provide meaning and discovery, while coaching looks to the future and starts on the foundation of tapping into the individual's potential.

How often do you get coached?

- This varies with each individual being coached. It could be weekly, every other week, once a month or anywhere in between.

How long is a coaching session?

- Typically between 30-60 minutes

Is it individual coaching or for a group?

- Coaching is effective for both individuals and groups.

What if I start with a coach and it doesn't click or feel right?

- At any time, the one being coached or the coach may choose to discontinue or request a change. The lead coach recommends a minimum of 3 coaching sessions.

Is coaching done in person, over the phone or on Zoom?

- Any of those methods, as determined by the one being coached with their coach.

What does it cost and who pays for it?

- Typically the charge is \$50-\$75/hour
- Currently, if you are in transition, the MiC may provide up to 12 sessions during a 14-month time period at no cost to you.
- For those not in ministry transition, other funding sources may be available.

What is transition coaching?

- Transition coaching is a gift of the Michigan Conference to persons entering ministry transitions within the MiConference connection. Priority is given to pastors, staff and other MiC connectional leaders.

How do I request a coach or more information?

- Contact Naomi García, MiConference lead coach, ngarcia@michiganumc.org
- Learn more at michiganumc.org/coaching-faq/
- Complete a coaching request form: bit.ly/micumc-coaching
- Interested in becoming a coach? <https://michiganumc.org/coaching-2/>