

**Propel**<sup>TM</sup>  
**Coaching**

*Excellence in Inspiration, Motivation and Achievement*

## Foundations of Christian Coaching

Lawrence Skahill,

Author; Professional Life Coach, AACC; Assoc. Cert. Coach, ICF (credential pending)

Christian Life Coaching is a forward looking, goal oriented, Holy Spirit-inspired, positive and committed process to assist clients attain their God-given, creative possibilities.

Forward-looking, goal oriented...

“Where there is no vision, the people perish.” Proverbs 29:18

“Forget the former things; do not dwell on the past. See, I am doing a new thing!” Isa 43:18-19

“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” 2 Cor 5:17

Holy Spirit inspired...

“the glorious riches of this mystery, which is Christ in you, the hope of glory.” Col 1:27

“...but we have the mind of Christ.” 1 Cor 2:16 “And ye are complete in him...” Col 2:10

Positive...

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.” Phil 4:8

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” 2Tim. 1:7

Committed...

“I have fought the good fight, I have finished the race, I have kept the faith.” 2Tim. 4:7

“To him who overcomes and does my will to the end, I will give authority over the nations.” Rev 2:26

Process...

“...be transformed by the renewing of your mind.” Rom 12:2

“He who began a good work in you will carry it on to completion until the day of Christ Jesus. Phil.1:6

To assist clients attain their God-given, creative possibilities.

In the beginning God created the heavens and the earth. Gen 1:1-2

So God created man in his own image, in the image of God he created him;

male and female he created them. Gen 1:27

“I can do all things through Christ...” Phil 4:13

## What is coaching (in general)?

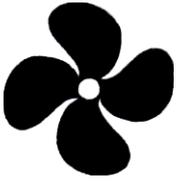
The International Coach Federation (ICF), the “platinum standard for professionalism in coaching,” defines coaching as: “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

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Larry Skahill is a “recovering rocket scientist,” father of four, award-winning author/speaker and Professional Life Coach who lives on the beautiful Central Coast of California where he pursues his passions of spearfishing, writing and life coaching.

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