

Day 1

"A Coach's job is to help an individual or a team get to a level that they cannot get to by themselves." (excerpt from Coaches of Excellence)

READ 1 Thessalonians 2:11-12, Proverbs 12:18, and Colossians 3:21.

THINK about 3 or 4 different people that have at one time coached you in some way. (They could be teachers, athletic coaches, music instructors, mentors, employers, parents, etc.) **TAKE** a couple pieces of paper and

DRAW a circle on one page and a square on the other.

The **circle** represents a coach who:

- spoke life into you
- valued you
- made you feel safe, secure, significant
- was concerned with who you are and would become as a person

The **square** represents a coach who:

- shamed you
- put you down
- motivated out of fear
- berated you
- coached for performance without regard to your overall well-being

CONSIDER the people who came to mind. *Which shape best represents how they coached/led you?* **WRITE** their initials in the appropriate shape.

REFLECT on what it was like to be under the leadership of that person/those people whose initials lie in the square.

What impact did their leadership have on you? Positive? Negative?

WRITE some of your thoughts, memories, emotions, and/or feelings about being under their leadership.

Now look at the circle. *What kind of impact did these people and their leadership have on you? Do you think you're a better person having been under their leadership?* **WRITE** some of your thoughts, memories, emotions about being under their leadership.

Day 2

READ Deuteronomy 6:5-7. **REFER** to the 3-Dimensional Pyramid diagram on the weekend message outline.

Level 1 **Fundamentals**

Level 2 **Psychology & Mindset**

Level 3 **Heart & Motivation**

Using the example of personal finances, financial skills (*balancing a bank account, paying bills, etc.*) are taught at level 1. We can relate to this level. When coaching, our players need to know the skills required to "play the game." Our employees must know the daily, weekly, and monthly procedures necessary to perform their jobs; 80% - 85% of all coaches only coach from this level. *Does this seem surprising to you? Why or why not? What about parents, employers, teachers, instructors? What percentage do you think predominantly lead from level 1? Consider those who have influenced your life and whose initials deserve a spot in "your circle." Did they lead from level 1 or did their leadership integrate other levels?*

Back to our example of personal finances, level 2 moves to the reason for executing these skills. We teach financial health and responsibility; it's the thinking behind the skills. Finally, we move to level 3 when we teach/coach and lead the principals of stewardship – the why behind both levels 2 and 1.

READ 1 Corinthians 12: 31b and 1 Corinthians 13.

Without love it is difficult if not impossible to move into level 2 and 3 leadership. Without intentionality we most often lead from level 1.

PRAY: Father, I see your wisdom every time I see Your word. When I'm tempted to see only the broken things of this world, help me to see, live, and lead from the more excellent way.

Days 3-5

"Do not merely listen to the word, and so deceive yourselves. Do what it says."
James 1:22

READ Luke 6:41-45 and Psalm 139:23-24. *How about your own coaching?*

It's usually easier to see how everyone else is falling short as a coach, parent, leader; but God advises us that in doing so, we are deceived. We're also called to put these things into practice in our own lives.

Over the next three days, **TAKE** time to reflect on who and how you lead.

BEGIN each day by praying Psalm 139:23-24. **PRAY** for insight and personal awareness. **CONSIDER** the various people you coach/parent.

PARENTS, work through the questions for each of your children.

As a teacher, coach or employer you may not have time to work through the process for everyone. **CHOOSE** one or two students/employees who may be challenging to lead or perhaps are currently facing something difficult. **SPEND** time considering the questions below.

Who are you coaching right now?

Who are you trying to develop, teach, lead, parent?

Which shape (Day 1) best describes your leadership style?

How would those you lead answer that question?

What do you think it feels like to be coached/parented/led by you?

From which level of the pyramid (Day 2) do you most often lead?

THINK of specific ways to move your parenting/coaching/leading to levels 2 and 3.

What makes your child/student/employee tick? What gets him/her excited and engaged? What shuts him/her down? Do you tend to engage or shut him/her down? Is there something you need to begin doing? Something you need to stop doing? What can you start or stop doing to move your coaching/leading from level 1 to levels 2 and 3? What must you do to get your initials in your student's, employee's, or child's circle?

In our effort to become self-aware, being "doers" not merely listeners, **CONSIDER** sharing something you've discovered about your own leadership style with someone who knows you well. **ASK** what he/she sees in your leadership style. **PRAY** for those you're leading and those whom you follow or are guided by. **PRAY** for those who coach/teach/lead in our community. **ASK** God for a heart that hears and receives a more excellent way, and courage to live it out.