



# 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: [bit.ly/request-coaching](https://bit.ly/request-coaching)*

*Questions? Comments? Contact Naomi García,*

*MiConference lead coach, [ngarcia@michiganumc.org](mailto:ngarcia@michiganumc.org)*

*Learn more: [michiganumc.org/coaching-faq](https://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](mailto:ngarcia@michiganumc.org)
- Learn more at [michiganumc.org/coaching-faq/](http://michiganumc.org/coaching-faq/)
- Complete a coaching request form: [bit.ly/request-coaching](https://bit.ly/request-coaching)
- Interested in becoming a coach? [michiganumc.org/coaching-2/](http://michiganumc.org/coaching-2/)