

**NewSpiritChurch**  
**Spiritual Growth Coaching:**  
***Frequently Asked Questions***

**What is Spiritual Growth Coaching?**

Spiritual Growth Coaching helps you discover your personalized path to a better way to live. Your trained Spiritual Growth Coach asks questions that help you explore big questions in life: What do I want? What am I here for? How do I make this tough decision? How do I live well? What's one practical step I can take this week? Coaching is not counseling, mentoring, or consulting. Coaching is a series of question-based conversations between a trained coach and someone open to exploring growth and change in his or her life. The coach's questions help the person being coached to clarify goals, discover resources, explore options, and decide on a plan. The focus is on what one or two things a person could do to take the next concrete step toward a life of greater love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

**What can I expect at my first coaching session/conversation?**

A first meeting usually takes 60-90 minutes. Your coach will provide more information about the coaching process, answer any questions you have, and start to ask questions to get you thinking about what growth is most immediately important to you. You may have a pretty good idea when you start or you may come in without much of a sense of what you want to change. Either way is fine! There's no commitment to continue in coaching if you feel that it's not a good fit going forward.

**Do I have to be a Christian?**

Nope. We're Christians, and we're not trying to hide that. We believe that it's the way of life Jesus taught that allows us to live better, but you don't need to share that faith commitment in order to get coaching. We invite you to put a new way of living to the test even if you think the theology behind it is nonsense! A spirit of openness and exploration is really helpful, and the decisions about the changes you want to make are always in your hands.

**What kind of commitment do I have to make?**

There's no commitment needed to have a first meeting. If you want to continue coaching going forward, the frequency and duration of meetings really depends on what you're working on, what kind of support and accountability is helpful for you, and your schedule. Many people meet about once a month for about an hour, but others find it helpful to meet more frequently than that.

**What does it cost?**

Just some time, openness, and effort.

**What's the catch?**

New Spirit Church is supported by financial donations from individuals and families. In order to be sustainable long-term, we're dependent on financial support from people who participate and find our work together to be transformative. We'll never be fee-for-service, but we absolutely appreciate financial donations to make this work!

**How do I make an appointment?**

**Email Pastor Carol ([carol@newspiritlutherantucson.org](mailto:carol@newspiritlutherantucson.org))** to schedule a Spiritual Growth Coaching conversation and she'll get in touch to connect you with a coach.