

## Enriching Life through Holistic Growth

### Coaching



Coaching is a learning process in which men and women are empowered to attain specific personal and/or professional goals. Although our coaching services span a broad range of areas, the common and most critical denominator is the integration of faith principles. Our coaching services are designed to enrich the lives of pastors and ministry leaders.

CCCC's coaches keep clients focused, accountable and moving in a forward direction. To lay the groundwork, we build a strong relationship, fostering openness and trust. We help clients explore their needs and skill sets, establish goals and provide guidance for handling the challenges they face throughout the process.

Pastors who are motivated to grow and succeed in their ministries can rest assured that CCCC life coaches understand the unique dynamics of parish ministries and what it takes to succeed as a ministry leader.

In addition to vocational coaching, we help our clients achieve goals for:

- Fostering healthy, fulfilling relationships
- Handling stress and creating life balance
- Managing time, health, finances, etc.
- Strengthening parenting skills and family life
- Developing and directing creative talents
- Navigating through life transitions

Pastors are invited to join our established Groups and are encouraged to let us know where additional groups are needed.

CCCC's Spiritual Direction services are designed to help people become increasingly aware of and respond to God's presence and guiding hand in all of life by exploring questions such as:

- What do I really believe about God?
- Do my beliefs get in the way of hearing and experiencing God?
- Why does God expect so much of me?

Spiritual Direction assumes that God is: present and active in every person's life; longs to be in a closer relationship with us; and yearns to meet our deepest needs. Although spiritual direction is for *all* people, CCCC provides excellent guidance for pastors who are struggling with their faith or experiencing a faith crisis. We offer non-judgmental listening in a safe, supportive setting.

### Did You Know...

Only 17% of people attend church on any given Sunday?

### Spiritual Direction

