

1. They are patient. They allow the coachee to process at his or her own pace.
2. They don't rescue the coachee when the coachee is struggling.
3. They allow for periods of silence.
4. They embody the seven promises of safe community. *Review these and know what they all mean.*
5. They don't dominate the session by telling their own stories or by attempting to teach the content again. Just because your own story gets stirred up doesn't mean you must tell it.
6. They are disciplined listeners who listen to understand.
7. They are curious and their curiosity results in questions.
8. They aren't constantly suggesting additional resources. They may do this occasionally but not all the time.
9. They allow the coachee to be in charge. They don't demand or force the coachee into anything that he or she doesn't want to do.
10. They are compassionate and empathetic.
11. They hold up the mirror and are challenging when the moment is right. They have the courage to say what needs to be said.
12. They coach around the Faithwalking principle or topic for the week. How does a person apply this principle in the right way and at the right time?
13. They use their own stories as illustrations of their own attempts to put the principles into practice. They keep their stories short and to the point.
14. They are constantly working on themselves and continuing to apply the principles in their own lives. This ongoing practice keeps their stories fresh.
15. They never give advice or attempt to fix the coachee.
16. They refuse to talk too much. *If you do too much talking, you will get in the way of the coachee's growth and progress.*
17. They refuse to take responsibility for the growth and progress of the coachee. They don't work harder than the coachee is working.
18. They help coachees see and celebrate progress.
19. They refuse to fret or worry about the coachee between sessions.
20. They don't hesitate to ask the facilitator of the module for help.



FAITH WALKING
making wholeness possible