

# Novo Coaching

*"The hardest part is starting. Once you get that out of the way, the rest of the journey is much easier."*

Australia's Trusted Christian Coaching Catalysts

Issue No 12 - November 2011



## House Calls in 2012

We at Novo Coaching have been spending some time reflecting on the many blessings of the year. We've also been asking ourselves, "What's been working? What's not? And what do we plan to do about it?"

One of the key observations we made was that attendance at our coaching events varied greatly (from as few as 3 to as many as 25+). This begs the question, "How to we do a better job of stewarding our limited time and energy?"

Larger numbers aren't everything, but there does seem to be a certain synergy that is present when you get more than 10 in a room. Consequently, we are exploring new ways to schedule our events that increase the likelihood of getting 10 or more at each event.

**Our Plan A is to schedule our training events when and where there have been specific requests for training (i.e. "House Calls").**

The idea is that if someone gathers a group of 8+ participants, we will bring our training to them. In addition to the benefits of being able to select time and location, Novo will be able to offer reduced rates for those who "host" the core group of participants.

For this to work, we need "expressions of interest" from you, our Novo partners. So please contact us if you think you might be interested.



## Feel it to Heal it

One of the old sayings from the counseling world was that *you have to feel it to heal it*. How does that work with coaching? Try the following:

1. Hear the pain, try to measure the intensity, and, where possible, identify the cause.
2. Give the client direct feedback. For example: "Wow, that must have been awful. I can see you're really hurting because of what happened."
3. Give the client time to process with you. Wounds heal best when they are opened to grace, compassion, and support.
4. Clarify with the client, and again give feedback.

For example: "I hear there are a couple of issues right here. There's the way you feel right now - and that's pretty hurt. There's the matter of what actually happened, and what needs to be done about that. Then there's the whole relationship thing. Is that right?"

5. Again, give the client time to process. Clarity itself brings forward movement.

6. Then, once again, give the client feedback. "I can sense the pain of this with you, and I know it's difficult. What would help you most right now?"

Depending on the nature of the trauma experienced, this might be an apt time to pray. The prayer should be around the clearly identified issues. As the issues are articulated, ask for God to provide his Spirit for healing and a grace-led response.

7. Re-state the last question: "Where do you sense God is leading you in this?"

## Stories from the Field

Here's some feedback we've had from one of our recent students. He started coaching on the phone even while he was still in the 5-day course. Just over a week later, this is what he wrote:

"The time in Melbourne didn't just give me new skills, but it also sharpened my thinking in working through what God might be calling me to do.

The lessons in coaching have helped me spend more time coaching the kids at home, helping them think through the things we want to grow them in.

Then I had breakthroughs in a marriage counseling situation walking through the COACH model.

Today I had another breakthrough! To see the young man I've been working with get the 'aha' moment was astounding. I've had so many conversations and meetings like this it's been a blessing.

With much thanksgiving,

*Student X"*



**NOVO**  
COACHING

[www.novocoaching.com.au](http://www.novocoaching.com.au)

**Kylie Butler  
Dr. John Rietveld  
Dr. Dave Zovak  
Dr. Kim Zovak**