

Coaching basics Part 2

Professor Steve Elzinga

Directive Coaching

i.e. piano playing, soccer, sewing

When is directive coaching useful

1. When client already knows what he or she wants

Three things coaches do

1. Help client figure out what they want to do (decision)
2. Help client figure out how to do what they want to do (plan)
3. Help client do what they plan to do (management)

When is directive coaching useful

1. When client already knows what he or she wants
2. Often when learning a skill is involved (education)
3. When client wants what the coach is good at (mentoring)
4. When a client is really motivated to acquire the skill the coach has

Directive coaching in the Bible

- 1 Corinthians *11.1* *Follow my example, as I follow the example of Christ.*
- *Exodus 25:10,17,23,31,40* “Have them make an ark of acacia wood ... Make an atonement cover of pure gold ... Make a table of acacia wood ... Make a lampstand of pure gold... See that you make them according to the pattern shown you on the mountain.”

Examples of common skills that people want to learn from someone who already is proficient in that skill

- Life skills
- *Parenting skills*
- *Marriage skills*
- *Preaching skills*
- *Musical skills*

By the way we all learn from directive coaches without the coach or the learner realizing it.

- i.e. You mother tongue
- *i.e. Learning how to walk*