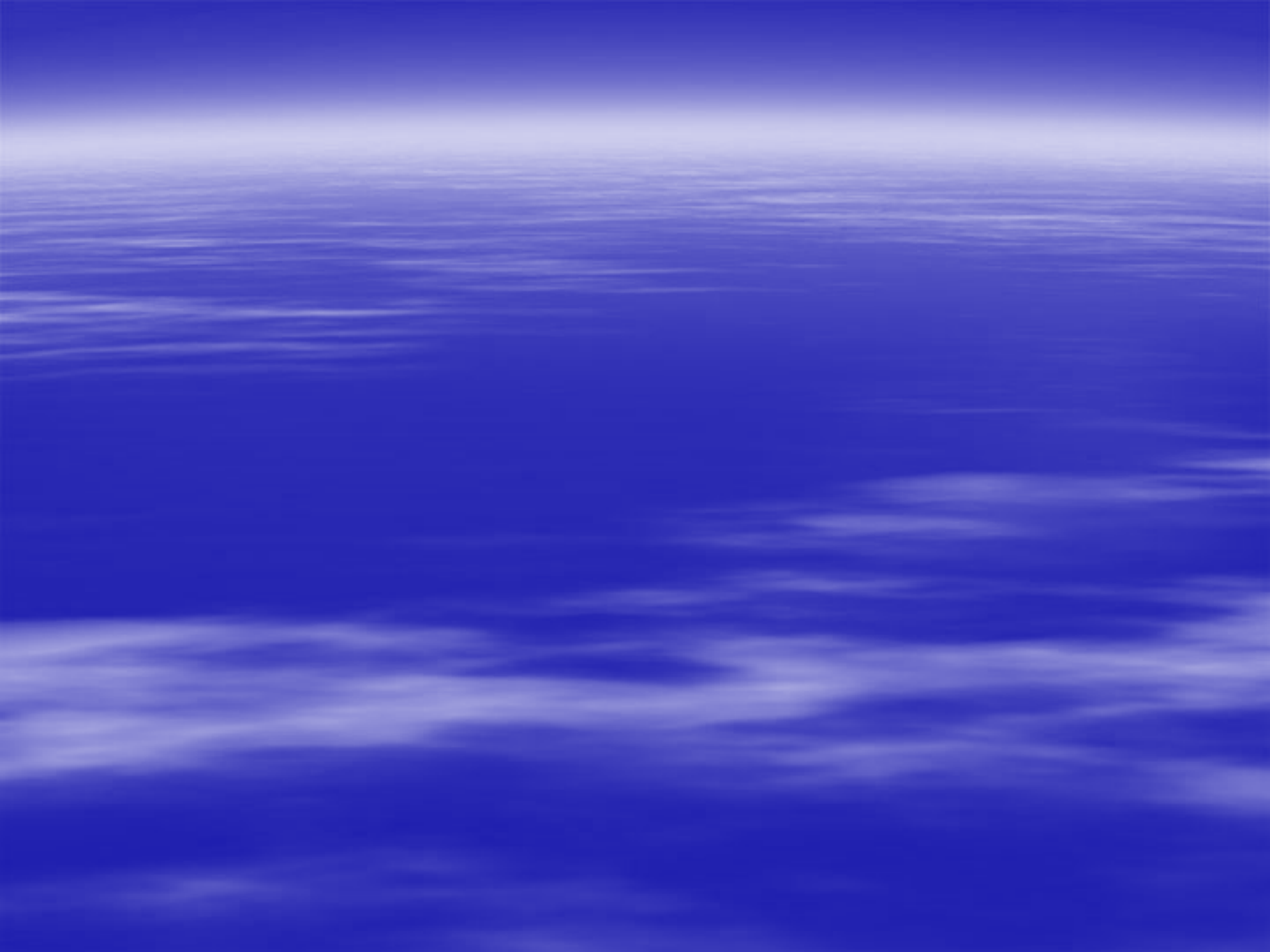


Life Purpose Seminar

Presented by:

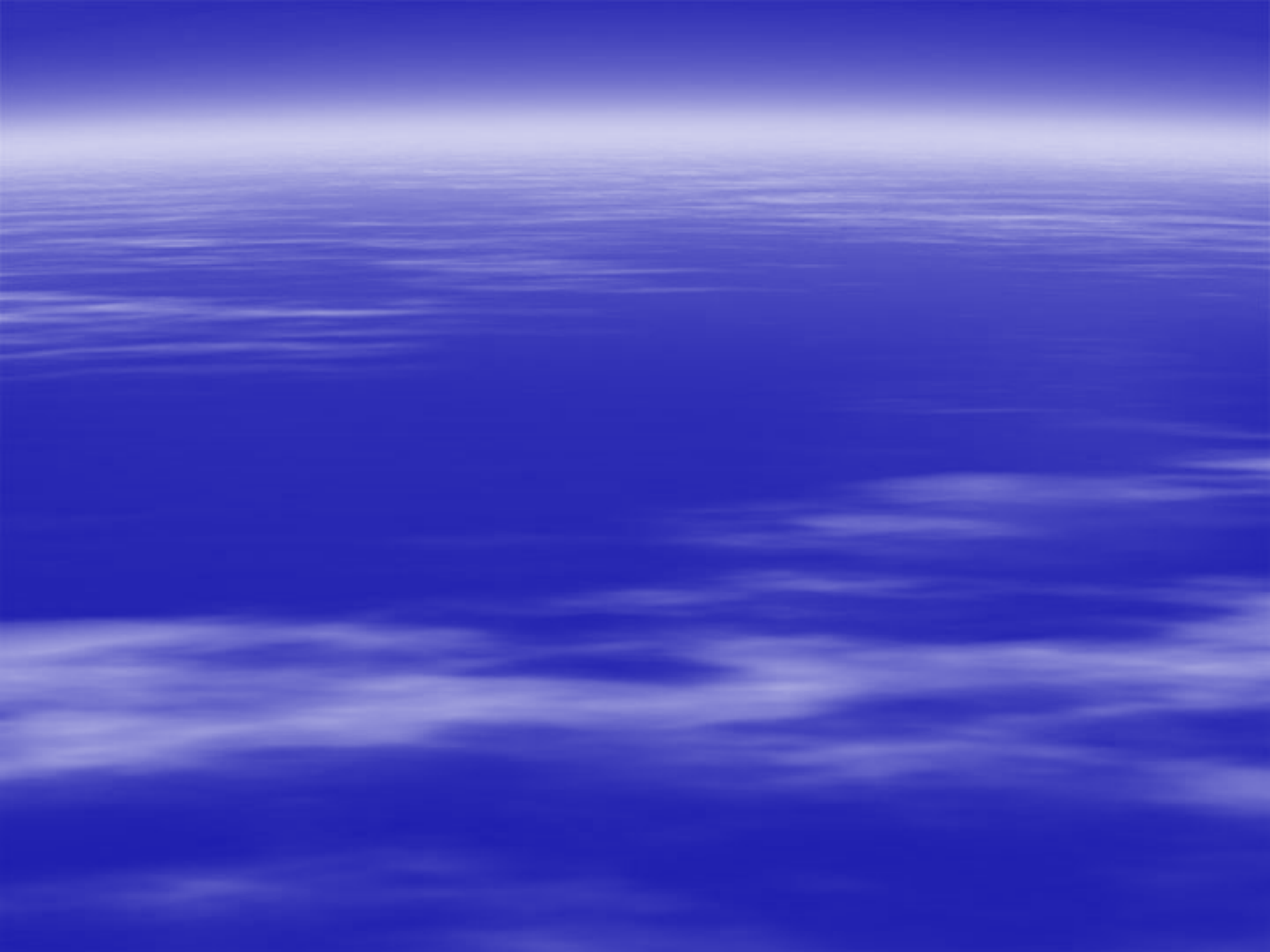
Lynne Dittmer and Jodi Wozniak



FOCUS

- F – FUTURE
- O – OTHERS
- C – CHARACTER
- U – UNFORESEEN
OBSTACLES
- S – SOLUTIONS





Future

Dream

A strongly desired goal or purpose;
something that fully satisfies a wish.

~Webster's Dictionary

An unrefined hope, an aspiration, a
“what-if,” an imagined thing you might
do or experience some day.

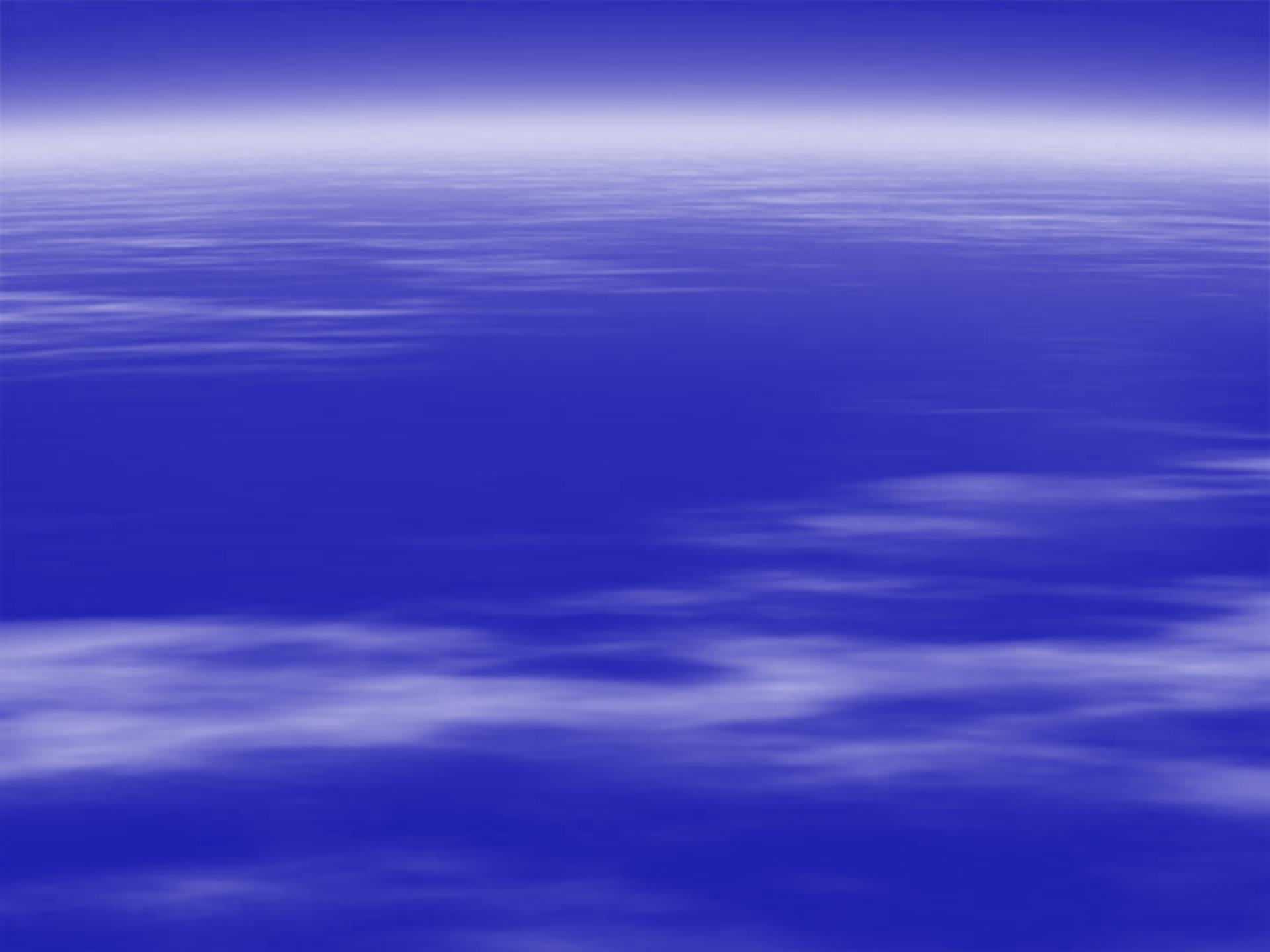
~Transformational Leadership Coaching

A sacred destiny, a personal calling, a
part of God's Super-Dream.

~The Dream Giver, Bruce Wilkinson

Journal

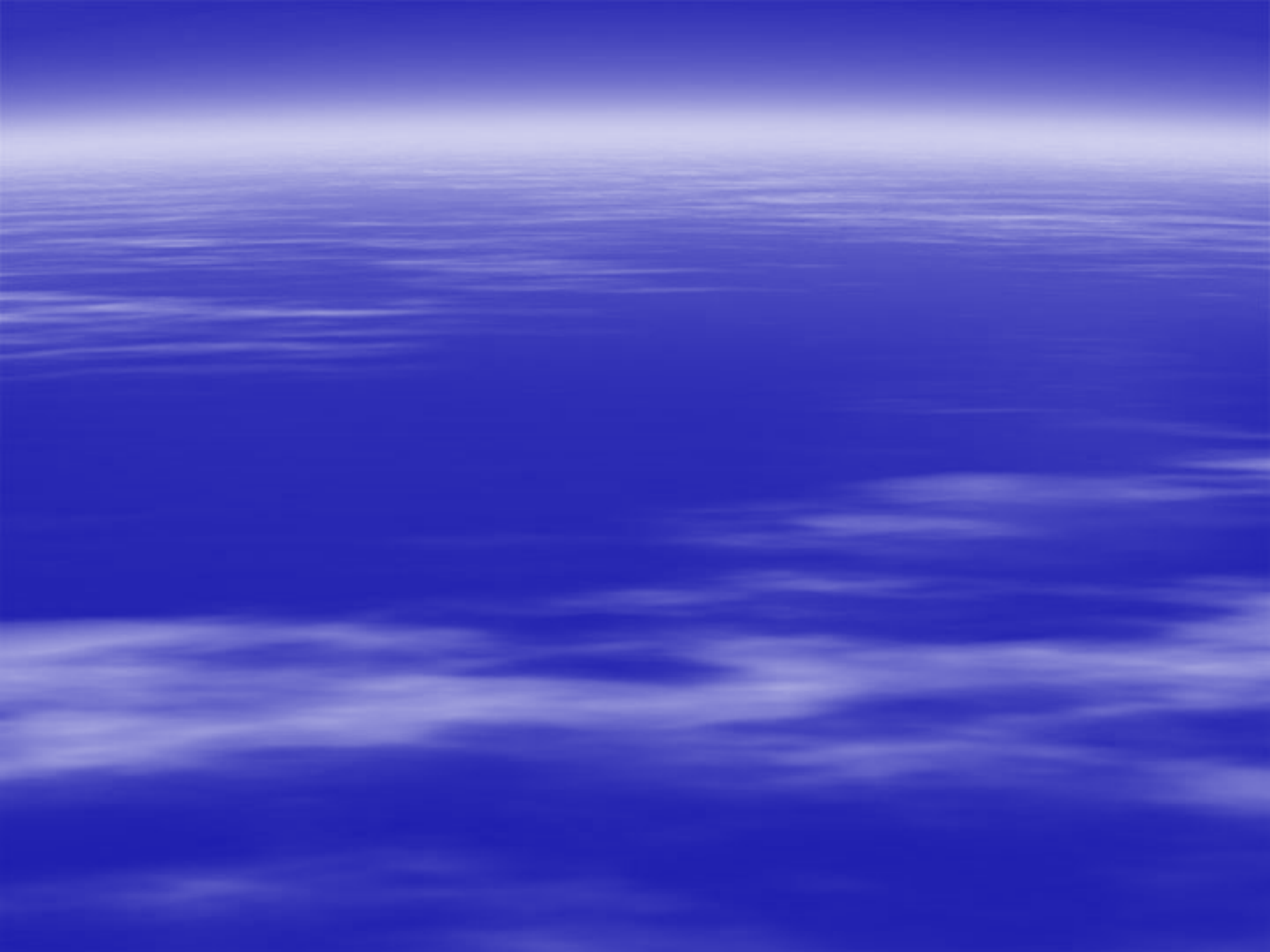
- What would an ideal day look like to me?
- What is my ideal job?
- Where do I see myself in 10 years?



Others

Journal

- Who catches my attention even when others don't see them?
- What kind of needs am I consistently drawn to?



Character

- Who am I in Christ?
- Who am I designed to be?

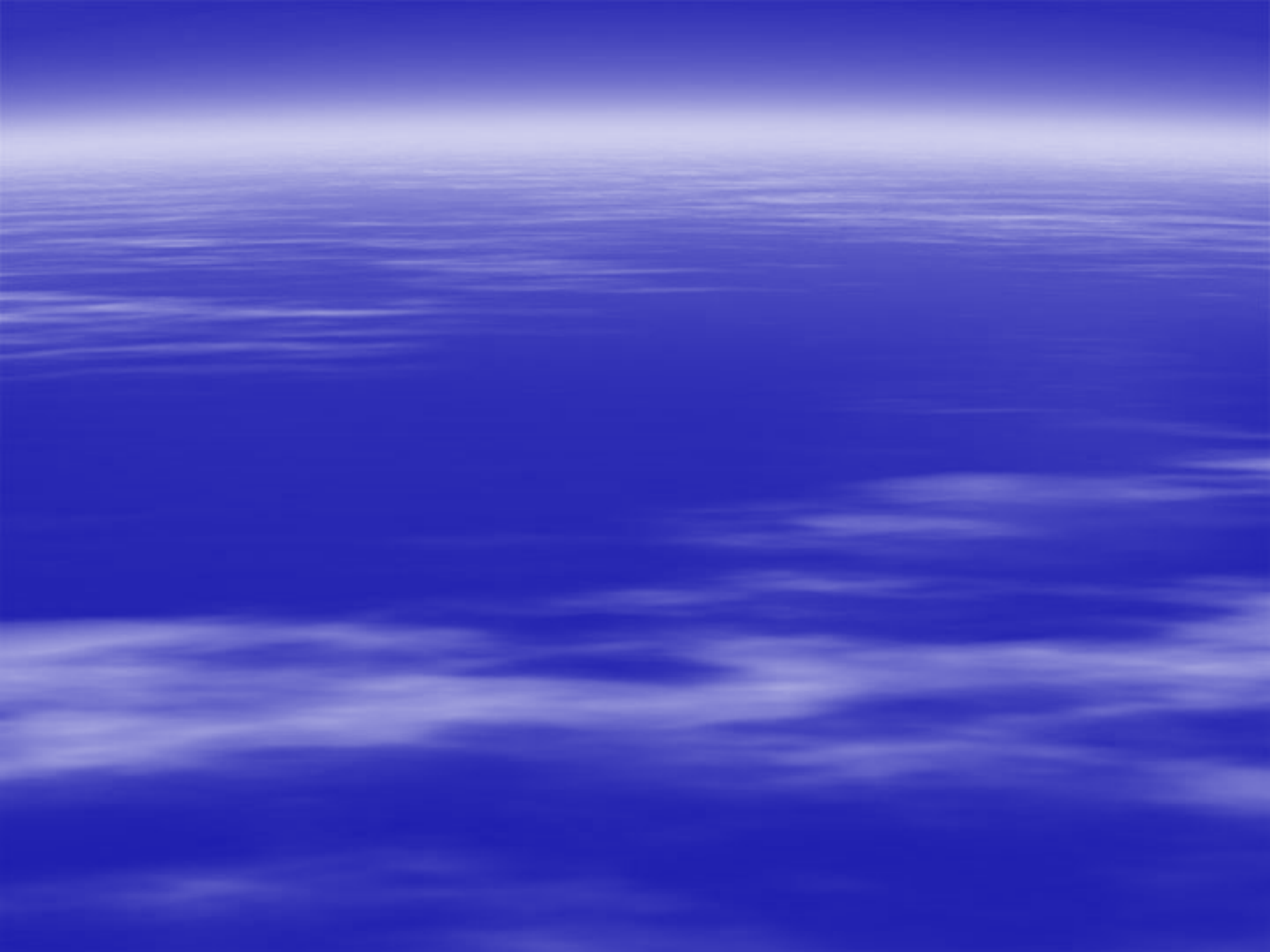
Journal

- Who do I want people to say that I am?
- What are my unique characteristics?
ex. gifts, personality, talents

Unforeseen Obstacles

Story of Joseph

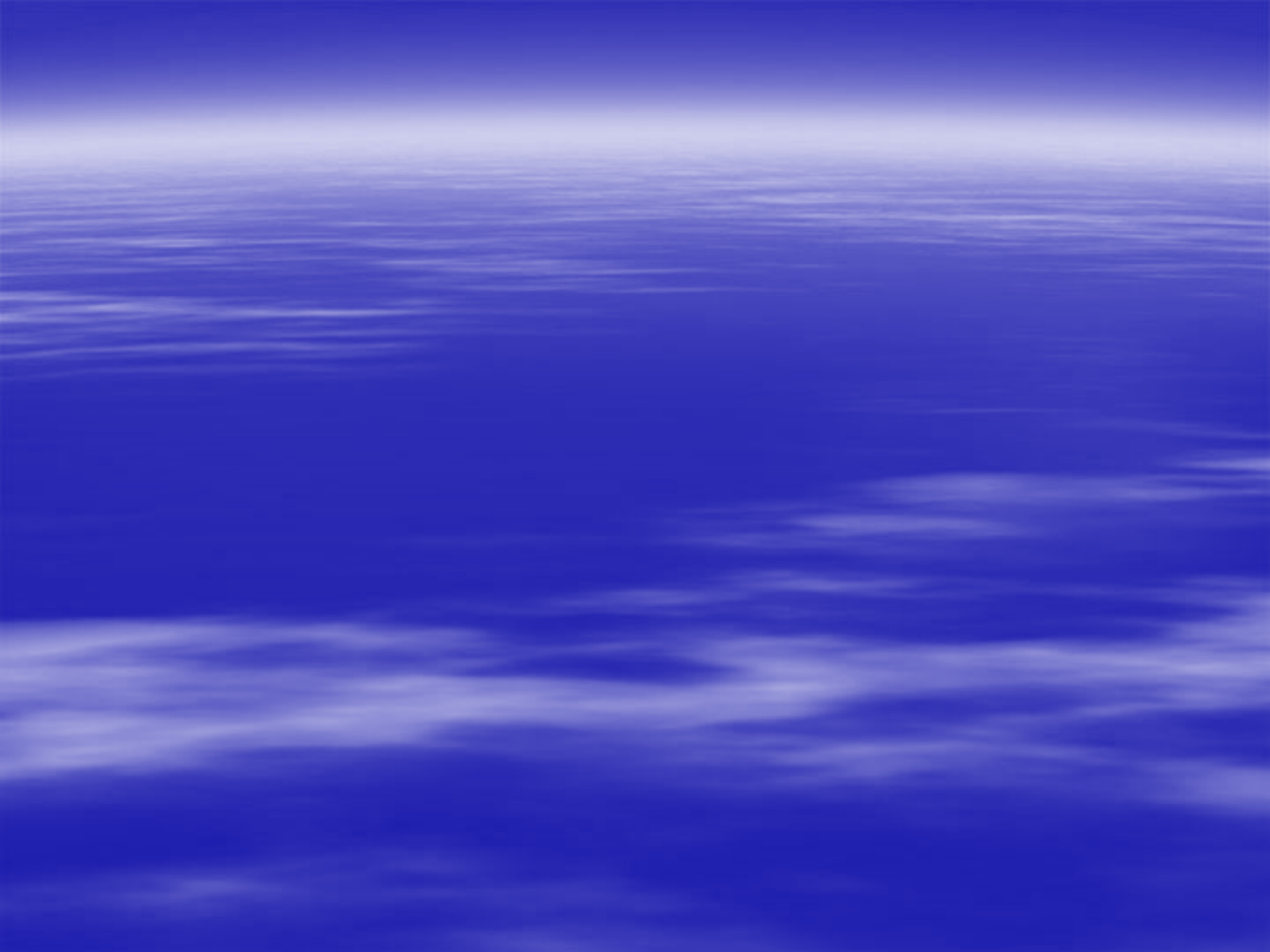
**God uses enlarged trials to
produce enlarged saints so
He can put them in
enlarged places!**



Solutions

Possible Solutions

- Review and Utilize a Resource List
- Create SMART Goals
- Find a Life Coach



Coaching Covenant

client

I'm excited about working on _____ with you. I will diligently complete the action steps and assignments we agree on, and be punctual for our meetings so we'll make the most of our time together. I will consistently take the initiative with you in this relationship. I'm responsible for my life, and I'll make and follow through with my choices about what actions to take and what we work on together.

I will be a trustworthy partner, honest and open with you about what is going on in my life, and handling what you share with me with respect and discretion. I understand that you are making TLC materials available to me under license for my *personal use only*, and I agree not to sell, copy, distribute or use them with others.

coach

I am excited about coaching you in this area. I covenant with you to be punctual and well-prepared so we can make the most of our time. I want to see you transformed, and equipped to pass on to others what God has done in you.

I will be a trustworthy partner, honest and open with you about what is going on in my life, and handling what you share with me with respect and discretion. I periodically approach _____ for advice and consultation on my coaching relationships in order to offer the best coaching that I can.

practical expectations

- 1) MEETING FREQUENCY: We'll meet: *Weekly Bi-weekly Monthly*
- 2) COMMITMENT: I'm committing to work together with you in a coaching relationship until _____ (date).
- 3) REVIEW: We will take time to review how our relationship is going and make any needed adjustments on _____.
- 4) OUTSIDE PERSPECTIVE: If we need outside perspective or help resolving a conflict, we'll approach my coaching supervisor, _____, as a resource.
- 5) ASSIGNMENTS: Our appointments will be canceled if assignments or actions steps agreed on have not been completed.
- 6) SCHEDULE: I will respect your schedule by making every effort to hold rescheduling and cancellations to a minimum.
- 7) INITIATIVE: If I can't make a meeting or meet expectations, I will take initiative to reschedule with as much notice as possible (24 hours minimum).

Coach

Client

Purpose:

A coaching covenant clarifies commitments and expectations, and minimizes communication breakdowns.

Transformational Leadership Coaching

P.O. Box 64394
Virginia Beach, VA 23467-4394
757-427-1645
Info@TransformationalCoaching.com

Transformational Leadership Coaching

Want a Coach?

Answer the following questions to give us some information about you and we'll help you get matched up with a great coach!

Name: _____ Age: _____ Gender: Male Female
Phone: _____ E-mail: _____

1. My vocation is:

- | | |
|--|--|
| <input type="checkbox"/> Pastor | <input type="checkbox"/> Business Person |
| <input type="checkbox"/> Lay Leader | <input type="checkbox"/> Educator |
| <input type="checkbox"/> Parachurch or Missions Leader | <input type="checkbox"/> Other _____ |

2. I've been a professional leader in my vocation for:

- 1 to 6 years 7 to 20 years Over 20 years

3. If you know your gift or personality type in any of the following systems, circle it:

On the DiSC I am a: D I S C

My motivational gift is: Perceiver Server Teacher Exhorter Giver Administrator Mercy

My temperament is: Sanguine Melancholy Choleric Phlegmatic

My Myers-Briggs type is: _____

4. Things you might like to work on with a coach (check no more than 3):

- | | |
|--|---|
| <input type="checkbox"/> Devotions & spiritual disciplines | <input type="checkbox"/> Financial Stewardship |
| <input type="checkbox"/> Organizing your life | <input type="checkbox"/> Marriage |
| <input type="checkbox"/> Priorities/leading a balanced life | <input type="checkbox"/> Family or child rearing |
| <input type="checkbox"/> Life purpose and self discovery | <input type="checkbox"/> Relationship or singleness issues |
| <input type="checkbox"/> Burnout | <input type="checkbox"/> Developing friendships with peers |
| <input type="checkbox"/> Practical leadership skills | <input type="checkbox"/> Nutrition, diet, exercise etc. |
| <input type="checkbox"/> Walking through a transition period | <input type="checkbox"/> Personal Evangelism |
| <input type="checkbox"/> Developing other leaders | <input type="checkbox"/> Job/career change |
| <input type="checkbox"/> Communication skills | <input type="checkbox"/> Business or entrepreneurial activities |
| <input type="checkbox"/> Understanding my gifting | <input type="checkbox"/> Leaving a legacy behind |
| <input type="checkbox"/> Perspective on ministry challenges | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coaching/mentoring skills | <input type="checkbox"/> _____ |

5. Coaching preferences:

- I want to work with a coach this semester.
 I would like to work with a coach in the future, but probably can't this semester.

I'd prefer to work with: a Regent coach a non-Regent coach either

Please rank-order the following options (top preference = 1, etc.):

- I'd prefer to work with a student coach this semester – no cost
— I'd prefer to work with a student coach, even if have to wait for another semester – no cost
— I'd prefer to work with a pro coach – fee-based

Regent Student Coaching Program Coaching Covenant Addendum

Expectations

Following are expectations that relate to students being coached by students who are in the Implementation coaching course:

- A total of 5 to 6 coaching sessions will be provided over the course of one semester.
- Coaching sessions will be one hour every other week throughout the semester.
- We recommend that you schedule ahead of time all the sessions for the entire semester.
- Sessions will be either in person or by phone.
- Your commitment to the coaching relationship will end at the end of the semester, although you may choose to continue the relationship on your own.

Finding a Coach

To help you find a match with a compatible coach, please return the “Want a coach?” form. You may turn it in today or drop it off for Kimberly Wenger at mail drop SC201, with the receptionist in Student Services, or at csd@regent.edu. You will want to turn these in ASAP, however, as all matching is done on a first-come, first-served basis. This information will help us in matching you with a coach. Once the match has been made (within a week of the workshop) we will forward your information onto the coach and the coach’s bio on to you. **Please take initiative to contact your coach** within one week of receiving your information on your coach match up! Remember, it takes your initiative to realize your dreams.

Deposit

We have found that coachees have a much more productive experience and are more likely to stick with it if they have a financial stake in the coaching relationship. Therefore, we require that coachees make a \$25 deposit in the form of a check payable to their coach. The deposit is to be delivered to the coach at the first coaching appointment. The coach will keep the check, uncashed, until the end of the semester. If the coachee completes the five session requirement, the uncashed check is returned to him or her at the final appointment.

In other words, if you follow through with your commitment to the coaching relationship, the coaching will be provided to you at no cost. The purpose of the deposit is not to make money for the coach, but to provide an incentive for the coachee to follow through long enough on the relationship to see the benefits of it. Our experience in the past is that those who do follow through almost always have a great experience, and very often have life-changing breakthroughs in their coaching relationship.

If the coachee drops out or does not complete at least 5 sessions, the coach may cash the check and keep the money. Please note that the responsibility for schedule or rescheduling appointments rests with the coachee, not the coach! If there is a breakdown in the coaching relationship, the coachee should contact Joel Ladd (joellad@regent.edu) for help.

Regent Student Coaching Program for Distance Students Coaching Covenant Addendum

Expectations

Following are expectations that relate to students being coached by students who are in the Implementation coaching course:

- A total of 5 to 6 coaching sessions will be provided over the course of one semester.
- Coaching sessions will be one hour every other week throughout the semester.
- We recommend that you schedule, ahead of time, all the sessions for the entire semester.
- Sessions will be either in person or by phone.
- The coachee is responsible to call the coach for the coaching sessions. Any toll charges incurred will also be the responsibility of the coachee.
- Your commitment to the coaching relationship will end at the end of the semester, although you may choose to continue the relationship on your own.

Finding a Coach

To help you find a match with a compatible coach, please return the “Want a Coach?” form (Word document, titled, “Finding a Coach Questionnaire”) to Jodi Wozniak, at jodiwoz@regent.edu. **Please return the form by this Thursday, 1/22.** This information will help us in matching you with a coach. Once the match has been made (within a week of the workshop) we will forward your information to the coach and information about your coach, including contact information, on to you. Please take the initiative to **contact your coach within one week** of receiving your information on your coach match up! Remember: you take initiative for your dreams.

Deposit

We have found that coachees have a much more productive experience and are more likely to stick with it if they have a financial stake in the coaching relationship. Therefore, we require that coachees make a \$25 deposit in the form of a check payable to their coach. Please forward the check to Jodi Wozniak at:

Regent University
1000 Regent University, RH403
Virginia Beach, VA 23464

The coach will keep the check, uncashed, until the end of the semester. If the coachee completes the five session requirement, the uncashed check is returned to him or her at the final appointment.

In other words, if you follow through with your commitment to the coaching relationship, the coaching will be provided to you at no cost. The purpose of the deposit is not to make money for the coach, but to provide an incentive for the coachee to follow through long enough on the relationship to see the benefits of it. Our experience in the past is that those who do follow through almost always have a great experience, and very often have life-changing breakthroughs in their coaching relationship.

If the coachee drops out or does not complete at least 5 sessions, the coach may cash the check and keep the money. Please note that the responsibility for schedule or rescheduling appointments rests with the coachee, not the coach! If there is a breakdown in the coaching relationship, the coachee should contact Joel Ladd (joellad@regent.edu) for help.

Life Purpose Seminar – Host Notes

1. Intro self
2. Welcome group, if not already done
3. Prayer
4. Purpose today twofold
 - Life Purpose workshop
 - Possible (be clear about prospects) matching with a life coach, which we'll talk about at the end.
5. Intro speakers: Bios

Lynne Dittmer is a 2001 grad from the MBA program in the School of Business. Upon graduation she took a position as the Assistant Director of Student Development for the School of Business and with through a year and half training to become a certified life coach through Transformational Leadership Coaching. Lynne has a passion to see individuals tap into and fulfill their God given dreams.

Jodi Wozniak is a graduate of the School of Divinity at Regent. She received her MA in Practical Theology and her concentration was in Leadership Coaching. Jodi also has received a BA in Speech Communication and Theater Arts. She is currently a Certified Coach Trainer and Leadership Coach with Transformational Leadership Coaching. In addition, Jodi is the Co-Founder of R.E.A.L. Life Ministries, Inc. where she functions as the Co-Director of Equipping Events and full-time Real Life Coach. Jodi is passionate about seeing others reach their maximum potential by discovering and pursuing their God-given Dream!

Explanation of Matching

- Forms for those who want them
- Explain Addendum

Regent Student Coaching Program Coaching Covenant Addendum

Expectations

Following are expectations that relate to students being coached by students who are in the Implementation coaching course:

- A total of 5 to 6 coaching sessions will be provided over the course of one semester.
- Coaching sessions will be one hour every other week throughout the semester.
- We recommend that you schedule, ahead of time, all the sessions for the entire semester.
- Sessions will be either in person or by phone.
- The coachee is responsible to call the coach for the coaching sessions. Any toll charges incurred will also be the responsibility of the coachee.
- Your commitment to the coaching relationship will end at the end of the semester, although you may choose to continue the relationship on your own.

Finding a Coach

To help you find a match with a compatible coach, please return the “Want a Coach?” form (Word document, titled, “Finding a Coach Questionnaire”) to Jodi Wozniak, at jodiwoz@regent.edu. **Please return the form by this Thursday, 1/22.** This information will help us in matching you with a coach. Once the match has been made (within a week of the workshop) we will forward your information to the coach and information about your coach, including contact information, on to you. Please take the initiative to **contact your coach within one week** of receiving your information on your coach match up! Remember: you take initiative for your dreams.

Deposit

We have found that coachees have a much more productive experience and are more likely to stick with it if they have a financial stake in the coaching relationship. Therefore, we require that coachees make a \$25 deposit in the form of a check payable to their coach. Please forward the check to Jodi Wozniak at:

Regent University
1000 Regent University, RH403
Virginia Beach, VA 23464

The coach will keep the check, uncashed, until the end of the semester. If the coachee completes the five session requirement, the uncashed check is returned to him or her at the final appointment.

In other words, if you follow through with your commitment to the coaching relationship, the coaching will be provided to you at no cost. The purpose of the deposit is not to make money for the coach, but to provide an incentive for the coachee to follow through long enough on the relationship to see the benefits of it. Our experience in the past is that those who do follow through almost always have a great experience, and very often have life-changing breakthroughs in their coaching relationship.

If the coachee drops out or does not complete at least 5 sessions, the coach may cash the check and keep the money. Please note that the responsibility for schedule or rescheduling appointments rests with the coachee, not the coach! If there is a breakdown in the coaching relationship, the coachee should contact Joel Ladd (joellad@regent.edu) for help.

Special Callings

by Os Hillman, December 2, 2005

Nevertheless, each one should retain the place in life that the Lord assigned to him and to which God has called him. 1 Corinthians 7:17a - 1 Thessalonians 5:24

Each of us is called to relationship with God through Jesus Christ. We are called by Him, to Him, and for Him. Once we enter that relationship with Christ, we are called into the physical expression of that relationship. This is where our vocations are manifested as a result, not as an end in themselves.

Additionally, there are examples of special callings in the Bible in which individuals have a direct communication from God to do a specific task for Him. Moses, Paul, Peter, and many others had direct communication about what God was calling them to do. Not everyone receives this "special" calling. This is not to say God is not personal with each of us. Some have had extraordinary supernatural encounters with God that led to their calling being specific to a task ordered by God. All of us have been called to follow Christ and live our lives in obedience to Him. Many of us have a sense to go in one direction or another based on our life experiences and giftedness. This, too, is God's calling.

Calling goes beyond our work and includes our relationships to others: our wives, our children, our neighbors-and our coworkers. We must remember this in order that our "work calling" does not become elevated at the expense of the other important aspects of our lives. This is the holistic approach to the gospel in which God made all of life equally important.

Therefore, the next time someone says, "I was called into the ministry" or "I am in full-time Christian work," stop him or her and tell him or her we are all in full-time Christian work. There is no secular and religious in the economy of God. I have a dear friend who often says, "I am a servant of the living God masquerading as a dentist." So, too, are you first a servant of the living God.