WHAT IS CHRISTIAN LIFE COACHING?

Understanding your heart. Discovering a clearer way forward.

Many men sense that there is more to life, yet find themselves repeating familiar patterns, facing difficult decisions, or feeling stuck without knowing why. Christian life coaching offers a thoughtful, confidential setting to explore where you are, what matters most, and what may be standing in the way of the life God has called you to live.

COACHING IS A PARTNERSHIP

Christian coaching is an ongoing, intentional conversation centered on your growth. You bring your life, questions, hopes, and decisions. Your coach brings attentive listening, meaningful questions, honest encouragement, and appropriate challenge. Together, we make room for reflection, prayer, and sensitivity to the Holy Spirit—while recognizing that your decisions and next steps remain yours.

WHY WE BEGIN WITH THE HEART

Scripture invites us to "keep your heart with all vigilance, for from it flow the springs of life" (Proverbs 4:23, ESV). Our choices and relationships do not come from nowhere. Beliefs, fears, desires, habits, and experiences can shape how we respond to life—sometimes in ways we do not recognize.

At Snow Coaching, we look beneath surface behavior to understand what is happening within. The goal is not simply to accomplish more. It is to grow in clarity, freedom, responsibility, and the capacity to love and live well.

WHAT COACHING CAN HELP YOU DO

- Gain clarity about your values, priorities, direction, and God-given gifts.
- Recognize patterns, fears, and assumptions that may be keeping you stuck.
- Navigate change in work, relationships, leadership, family, or retirement.
- Make wiser decisions, strengthen relationships, and develop healthy habits.
- Turn insight into realistic goals and meaningful action.
- Grow in spiritual attentiveness and alignment between what you believe and how you live.

WHAT HAPPENS IN A COACHING CONVERSATION?

We begin with what matters most to you. I listen closely, ask questions that help you think more clearly, and sometimes invite you to consider a perspective you may have overlooked. We may explore strengths, recurring reactions, obstacles, and the future you hope to pursue. Where welcome, prayer and Scripture can be part of the conversation.

You leave with insights to consider and, when appropriate, one to three practical next steps. Follow-up conversations offer reflection, encouragement, and accountability—not pressure or someone else taking charge of your life.

WHAT MAKES THIS CHRISTIAN COACHING?

Christian coaching recognizes that personal growth is more than self-improvement. We seek to understand our lives in the light of God's truth and love, listening for the Holy Spirit's guidance rather

than relying solely on effort or technique. You are welcome to bring your questions, doubts, hopes, and spiritual concerns without pretending to have everything figured out.

WHAT COACHING IS—AND IS NOT

Coaching is a collaborative, future-directed process that can also explore how past experiences influence present attitudes and choices. It is different from psychotherapy or clinical counseling, which may assess and treat mental health conditions, trauma, or significant emotional distress. Coaching does not diagnose or provide mental health treatment. If concerns arise that call for clinical care, we can discuss the value of working with a qualified mental health professional. Coaching can also complement, rather than replace, pastoral care, counseling, mentoring, or discipleship.

YOUR ROLE IN THE PROCESS

You do not need to arrive with all the answers. But coaching works best when you are willing to be honest, curious, reflective, and engaged. You set the agenda, choose what to share, decide what action fits, and take responsibility for the steps you pursue. The coach walks alongside you; he does not live your life for you.

A PLACE TO BEGIN

Consider these questions before our first conversation:

- Where in my life do I sense that there should be more?
- What keeps happening that I would like to understand or change?
- What might become possible if I were no longer stuck?

Understand the heart you have. Become the man God created you to be.