

We at *The Link* think it is great that you want to go farther in your relationship with God and we want to help you get some better linkage. We realize that everyone's spiritual journey is unique and special so it is our passion to come along side of you where you are and help you by providing personal spiritual coaching.

Just as physical training goes better with a trainer or coach so does the spiritual. Think about a trip to the gym. There are so many questions and issues when you go to the gym. What are all those machines for? How do you use them? What is best for me? How do I get started?

It can be overwhelming, so good gyms offer coaches or trainers. They get to know you and your needs. They design a training plan that's right for you. They introduce you to the recommended exercises and equipment and then make sure you do them for maximum effect. They encourage you and help you tweak your plan as you progress. They are a great help saving time, frustration and potential injury.

Spiritual coaching is designed to do the same things but in your spiritual life not the physical. Spiritual coaching is a one-on-one experience that will help you get farther faster because of the individual focus and specialized input.

Each person is unique and has unique goals, so your spiritual coach will work with you to understand your needs, design an individualized plan and then help you implement it so you can better connect with God.

Discovering :

The first phase is the discovery phase. During this phase the focus is on two distinct issues: where you are, and where you want to be. Any journey begins with where you are and then focuses on where you want to go and the same is true spiritually.

During this phase your personal coach will work with you to assess the current reality and then dream about what should be. For best results clarity is what counts. Your coach needs a clear and accurate picture of where you currently are and where you want to go if this process is going to be effective. The good news is this is a confidential process.

Designing :

Once a clear picture of both realities (the present and the desired future) is in hand, then your personal coach can begin to design your specialized plan.

The focus here is on what are the next best steps for you to reach your goals. Here strategic steps are formulated and best probable practices are proposed, discussed and then tweaked for the best possible fit. When the design phase is completed you should have a specially designed spiritual growth plan that fits you.

Doing :

The last phase focuses on doing the plan. Implementation is a vital part of any plan. You cannot actually get anywhere if you never take the trip. We can dream all day long and plan forever and never get anywhere unless we take action.

Here your personal coach helps you implement each aspect of your plan and provides the expertise and the encouragement you need to see it through. Here honest and clear feedback makes the process work best. Questions like "What is working?" "What is not working?" and "Why?" are important to make sure your plan is working for you.

The great thing about the linkage process is it can be repeated and tweaked to best meet your needs for your unique spiritual journey. As you move through the stages of your life, your spiritual coach will always be there to help you with new goals, plans and added encouragement. We invite you to start the process today.

