

THRIVE!

LESSON 5B

COACHING HELPS KIDS WIN



THE GOAL OF THIS LESSON

To learn to position yourself as a coach with your child. Parents and young people are on the same team. We are not opponents. You'll also learn the value of practice sessions to develop the Point B quality. Young people learn to value their parents as coaches in life, helping them move toward the goal of maturity and responsibility.

WHEN YOU'RE DONE WITH THIS LESSON

- You'll know what a coaching approach is and the value of relationship in the change process.
- You'll feel encouraged because of a new type of relationship you can have with your child.
- You'll have an approach to change that positions you on the same team as your child.

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STARTING STRONG

Parents

Position Yourself as a Coach

When Jesus was leaving the earth he promised his disciples in John 16:7, "Unless I go away, the Advocate will not come to you." He was referring to the Holy Spirit who would convict of sin, guide us into all truth, and confirm in our hearts our identity as his children. Those coaching activities empower us and encourage us in our own walk with God.

In the same way that God assumes a coaching attitude toward his children, we, as parents, can become coaches for our kids as well. If you've identified the positive quality your child needs to develop, provided vision for why it's so valuable, and taught about how to get there, then coaching naturally follows. When parents move from an umpire or policeman attitude to the coaching attitude, kids often become more receptive, seeing their parents on the same side.

Young People

Parents are Coaches

One of the tasks of adolescence is to move from a parent/child relationship to an adult/adult relationship. One of the biggest changes can take place, when you and your parents view your relationship as a coaching one to help you get through life most effectively. Life isn't just about getting the dishes done and the clothes put away. It's about being the person that God wants you to be, developing character, and growing in maturity. Parents have significant wisdom that they wish they could pass on to their young people. But knowing how to do that is complicated sometimes by a young person's reaction to instructions, correction, or limit setting. Young people sometimes treat their parents as if they are on the opposing team or as if they are mountains that must be overcome in order to get what they want. Both parents and young people can make an important adjustment in their working relationship: view parents as coaches and use the daily interactions and tasks of life as opportunities to develop life skills both now and for the future.

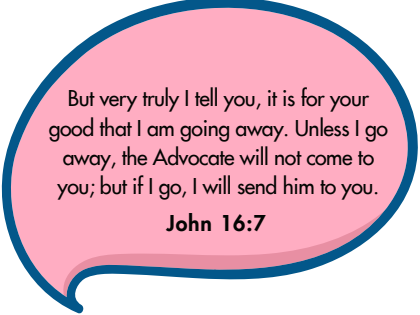
A Parent's Prayer for Humility

Lord, raising a child is producing humility in me. I used to think I was pretty strong and now I see my own weakness. I used to think I was pretty smart, but now I see how much I have to learn. I use to think I was pretty righteous but I now see my sin more clearly than I ever wanted to. I need you. It's becoming clearer every day. Raising a child is certainly more complicated than I ever imagined. I actually think sometimes that I'm a good parent, but then my child has some significant struggles that I'm not sure I know how to face. I need your help to do this awesome task you have given me. Lord, I am growing in my humility and as I do I want so much the benefits you offer. You say that you give grace to the humble. I certainly need your grace, so please continue to grow my humility so that I can see that you are the only answer to my challenges both personal and those in my family. Thank you for all that you've done for me and for all that you are. Amen.

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Taking Notes During the Video

Coaching uses the power of relationship to help bring about change



But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.

John 16:7

Characteristics of a coaching approach

Firmness and Compassion together help children change

Coaches practice in order to build new tendencies