



[Christian Coaching](#)

By Dr. Gary Collins

★★★★☆ (4 stars)

Buy this book if you want:

- *A coaching intro from a well-known and respected author*
- *A broad look at what coaching is and what it can do*

Christian Coaching by Dr. Gary Collins (the well-known author of dozens of books in the Christian counseling field) was the first book out of the gate in the Christian coaching field.. Written in 2001, when Collins was new to coaching, the book was intended to get the word out about what coaching was and what it could do. Collins has been an important voice for the coaching movement worldwide, helping it gain acceptance among ministry leaders

A strength of this work is that it provides a very broad overview of the different applications of coaching. Chapters focus on coaching transitions, life balance, family and relationships, change, coaching in church settings, and spiritual coaching. Sections are also included on values, vision and obstacles. Another important part of the book is extensive interviews with several well known figures in the Christian coaching movement. It also includes several helpful tools (such as a coaching agreement) in the appendix. However, this is not a book that intends to teach you to coach or provide a set of coaching tools; rather, it is an introduction to coaching for those who are new to it.

The weakness of the book is that it reflects the author's limited experience with coaching at that point. While it incorporates a lot of information and some good tools, it has the feeling of a book that was written prematurely.

Summary

If you want an introduction to the world of coaching by a well-known author, this book is a good choice. Consider it also as a gift book to give to a friend who is interested in coaching (particularly counselors or therapists, who would know of Collins). If you want to learn coaching skills, or you are a coach looking to improve your abilities, other titles (such as [Leadership Coaching](#) or [Coaching for Performance](#)) will serve you better.

Reviewed by:

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