



[Authentic Coaching Relationships CD](#)

By Tony Stoltzfus

★★★★★ (five stars)

Buy this CD if:

- You want to be more effective with those you are coaching
- You want to be authentic in your relationships to honor others and God
- You want to help small group leaders with foundational principles of coaching

Authentic Coaching Relationships is a resource that will change the way you do coaching and coach training. It will help you have deeper and more meaningful personal relationships, help you become a better coach, and help you equip other leaders who want to do effective coaching.

Author and presenter Tony Stoltzfus walks the listener through three key emphases in this presentation. He first discusses and then demonstrates the reasons why a coach should put the coaching *relationship* before all else. Building the relationship and establishing trust are primary – if the coach moves on to the “business” of coaching before the relationship is strong, the long-term effectiveness of coaching may suffer. To build a trusting relationship, Stoltzfus encourages coaches to share their own life stories.

Secondly, in this presentation, coaches learn that telling one’s own life story to the coachee sets the tone for the relationship and provides a model for going deep rather than just skimming the surface. The CD offers the listener four types of stories that may be shared and then focuses on one particular kind of story that is sure to enable transparency – that being the story of how God has shaped the coach’s identity over the years.

When telling that story, Stoltzfus suggests four characteristics of stories that truly catalyze authenticity. Our stories must be:

- Specific – with enough details to engage the listener
- Significant – shared with honest feelings
- Vulnerable – requiring a risk on our part
- A gift to the listener – not something designed to receive personal sympathy

And last, especially important for those coaching leaders for an organization, is the admonition to ensure that the coaching focus is always the agenda of the coachee and not that of the coach or

the organization. The presenter reminds us that people are not attracted to a relationship where someone else brings the change agenda and they will most often not buy into the change that someone else hopes for.

Summary

This is a great resource for all coaches. Most coaching courses do not teach what is presented here: offering the gift of authenticity to the coachee. From experience, I will agree that this is paramount in building deep trust quickly, and trust is the very thing that allows our coaching to get to core issues which have held people back for their entire lives. Buy this resource and immediately become a better coach.

Reviewed by:

Russ Rainey, Ph.D., Professional Coach & Counselor

Dr. Rainey specializes in life and leadership coaching and coach training for the church

www.CourageousGrowth.com