

## Launching the Process

Want to bring peer coaching to your organization? Peer Coach Training can be offered for two purposes: to develop accountable peer coaching relationships, or to provide basic coach training. Several delivery formats are available, making it easy for you to fit the training into your schedule:

### 1. Peer Coaching: Nine-Week Course

The weekly 60-90 minute group sessions can be done as part of a small group or team meeting or as a stand-alone class.

### 2. Peer Coaching: Workshop + Five-Week Course

If you want to start the training with a bang, begin with a half-day kick-off workshop and follow up with five weekly sessions.

### 3. Introductory Coach Training: Workshop

Schedules are provided in the *Facilitator's Guide* for offering a full-day or two half-day workshops that provide basic training in key coaching skills without the peer relationship component.

### 4. Independent Study

An independent study version of the materials (including the workbook and DVDs) is available so a single peer pair can work through the training program on their own.

## The Materials

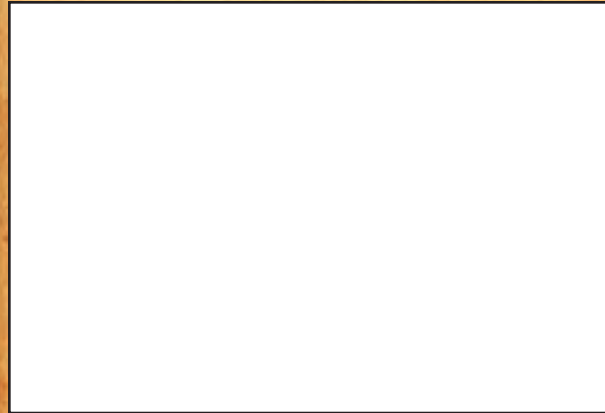
Participants receive an 80-page *Peer Coach Training Workbook* stocked with handouts and exercises for the group sessions, guides for each peer appointment and a wealth of other resources to get your relationships off to a great start. The *Facilitator's Package* includes one *Workbook*, 10 copies of this brochure, and an in-depth *Facilitator's Guide* cross-referenced to the acclaimed book *Leadership Coaching* (also included). For a closer look, visit [www.Coach22.com/peercoaching.html](http://www.Coach22.com/peercoaching.html) to see what's available or purchase additional resources for your program.

## How to Use Peer Coach Training

Peer coaching is a great way to add accountability and transparency to small groups, cells or house churches. Men's and women's groups or other ministry teams also benefit from the deeper relationships and strategic focus on growth that peer coaching brings. Since coaching is not about being the expert, peers don't have to be the same age or station in life: it works great across generations. And coaching is particularly well suited to leaders, because it pushes people to depend on God for answers instead of looking to others for guidance.

The Peer Coach Training materials can also be used to train coaches. If you are launching a coaching program in your ministry or need basic training to increase your coaches' effectiveness, these materials make it easy to offer excellent training to your team without bringing in an outside presenter.

For more information or materials, contact:

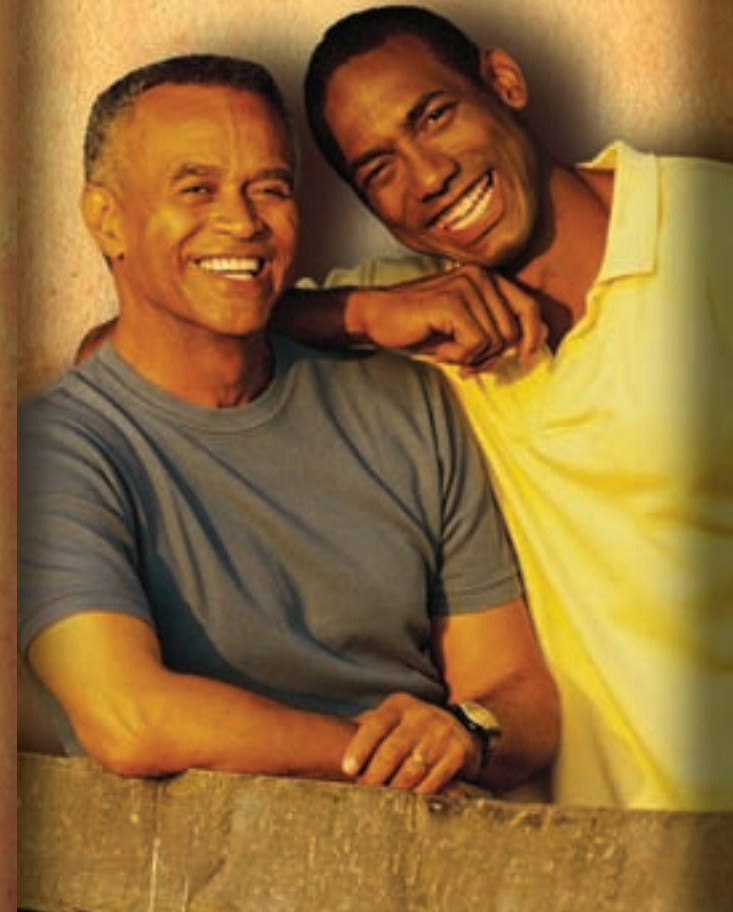


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# PEER COACH TRAINING



Experience the Power of Authentic,  
Growth-Centered Relationships

## Peer Coach Training

The depth of the transformation we experience in our Christian walk is proportional to the quality of our relationships. It's like gardening: when our lives are watered with people who really know us, that we open up to and who walk with us through life's challenges, we grow the best. When we lack support, accountability and companions who invest in our growth, we wither. It's when Christianity gets personal that it becomes transformational.

Forming accountable, growth-centered friendships is one of the best ways to grow mature disciples. And the coaching approach provides an innovative, biblical way to build great relationships that call us to responsibly steward the lives God has given us instead of telling each other what we ought to do.

## What is Peer Coaching?

Peer coaching is a multiplying relational structure where two or three friends meet regularly for a clear purpose: to help each other grow. But it's more than just sitting down over coffee. Think of peer coaching as a relational greenhouse: a special environment optimized for healthy accountability and life transformation. Peer Coach Training is what creates that environment. This interactive process builds authentic relationships while training you to use a unique set of coaching tools that consistently help people grow faster than they can on their own.

## What Makes It Work?

Peer coaching works because it helps people take responsibility and take action to grow. Each person chooses an important growth goal that they are motivated to pursue. Then peers use basic coaching skills to help each other turn those goals into concrete action steps that get done. The peer coaching structure provides the consistent encouragement, friendly perspective and healthy accountability you need to reach for excellence in your Christian walk.

Peer coaching is about listening, asking questions and taking responsibility for your own life, not about giving advice and telling others what they ought to do. This unique coaching approach to working with others is extremely effective at building healthy accountability. Starting with a strong foundation of mutual respect fosters deep and lasting friendships while turning your disciples into mature leaders.

## The Training Process

Most everyone would love to have an authentic, accountable relationship with a great friend. The challenge is overcoming the awkwardness of getting started, and then just sticking with it long enough for the relationship to begin to pay off. Peer Coach Training provides a structure to do just that. In nine weekly group sessions you'll learn coaching foundations (like asking powerful questions or developing change goals) using a hear/see/discuss/do training method that is highly interactive, effective—and fun! You'll see a skill demonstrated, then get to practice it with your peer. All the while you'll be investing in your friendship with exercises like telling life stories, identifying your dreams, setting change goals and making a covenant to support each other's growth.

*"Building men and women is not that easy. It requires constant personal attention... something that no organization or class can ever do."*

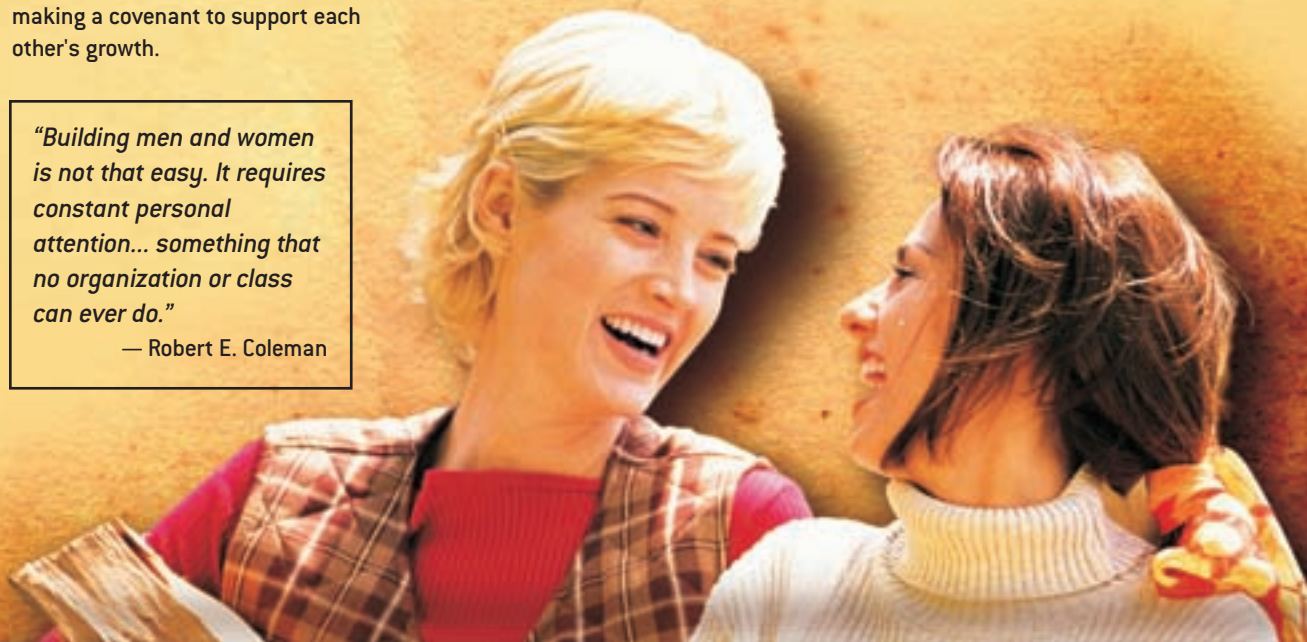
— Robert E. Coleman

## Getting in the Habit

Half-way through the training, peer partners start meeting on their own, outside the group sessions. By the time you reach the last group session, you and your peer will already be meeting consistently and experiencing the benefits of walking with each other. This initial support structure greatly increases the success rate for creating effective peer relationships that last.

## Multiplying the Movement

The peer coaching structure provides for multiplication as well: when new members come to your group, they simply join an existing peer pair or triad. When a group grows to four, it multiplies into two peer pairs to keep things relationally intimate and logistically simple. The *Facilitator's Guide* even includes materials for reinforcing the vision of peer coaching through periodic celebration, renewal of relationships and recommitment.



Experience the Power of Authentic, Growth-Centered Relationships