



COACH QUESTIONNAIRE

INSTRUCTIONS

Questionnaire at the beginning of the journey to be filled out by the Spiritual Director / Coach

1. Please read the instructions/information below carefully – if you have any questions please do not hesitate to contact us.
2. If you agree and are willing to take the roll of a Spiritual Director / Coach, please complete the questionnaire below for your Coachee and send it to:
info@adventure300.com
3. Plan your “kick-off” coaching session before the journey starts in August.
4. Already plan bi-monthly coaching session for the first semester.
5. Please pray for your coachee. Especially as he/she is preparing for the start in August.

CONTACT PERSON

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“I’ve been thinking a lot about why I love the practice of spiritual direction so much. Because it’s not only my calling and livelihood, it’s a place of healing for me.”

Spiritual direction – at its best – is a wellness practice. It’s not usually an emergency visit (although at times it can be) nor is it about spending the hour complaining about one’s problems and how to fix them. Ultimately, it’s about taking time each month to open your heart to a trusted listener whose only job is to help you look at the fragmented pieces of your life and support you as you put them together in a healthy way.”

THIS IS WHAT MAKES SPIRITUAL DIRECTION A WELLNESS PRACTICE:

- We journey with someone or with a group of people
- We keep the focus on our spiritual process(es)
- No-one manipulates an outcome (if they do, they’re doing the coaching wrong!)
- Success is when people flourish, regardless of their spiritual tradition or lack of one

(Source: <http://www.patheos.com/blogs/spiritualdirection101/2018/03/spiritual-direction-as-a-wellness-practice/#h6UsdJOai1xjXOME.99>)

WHAT WE EXPECT FROM THE COACH?

- Living in a mature relationship with Jesus (no professional theological training needed)
- Commitment to coaching the A300 participant during the two years of training
- Encourage the call of the participant/coachee to live in a New Monastic Community and/or as an Urban Monk
- Stay in contact with the A300 team
- Meet the coachee every second month during the training (ideally face to face). Starting no later than August.
- Discuss the topics of “Shaping the Personality” along the card set you will receive
- After every year, we expect you as Spiritual Director / Coach to note some observations and highlights, that you had concerning your coachee during the last year. This will be initiated by the A300 team and you will receive the template and instructions for this. Before sending the notes back to the A300 team, we ask you to discuss them with your coachee.

COACHING INSTRUCTIONS

What and how does a Coaching Session happen: Basically, it is up to coach and coachee to decide on the form and content of the session. We see the coachee clearly in the role of the active person when it comes to setting the dates and starting the sessions with your learnings. It is the coachee’s privilege to learn and grow. So it is the the coachee who shares thoughts, questions and struggles during the journey and in this way allows the Coach to support the process through questions that lead to more reflection. Wherever possible we suggest arranging a face to face meeting over a Skype call. The focus is on the learning journey within A300 – so any questions regarding the pre- or post learning of a module would be a great opportunity to start with. The coaching should be centered on questions around what the coachee will implement from the things s/he heard or read, how will the gained know-how find its way from the mind to the heart and what it means practically for his/her ordinary life.

Next to the open discussion we will provide you with a set of cards, so-called “Shaping the Personality”. On those cards you will find themes that are typical pitfalls for christian leaders, around 15 topics addressed in a very personal way: from “finding your rhythm of life” over “increasing resilience” to “your personal calling”. Please address at least $\frac{3}{4}$ of the cards/themes during your journey.

COACHING AGREEMENT / CONTRACT

We would strongly advise you to use our template of the coaching agreement (limited to the two years of the A300 journey). It is helpful to be clear about expectations from the beginning and we see it as best practice to agree on the coaching agreement during the first coaching session.

PAYMENT

There is no payment foreseen from the A300 program – although we invite you to join the yearly New Monastic Roundtable for free (excluding your travel expenses).

CONFIDENTIALITY

This coaching relationship, as well as all information (documented or verbal) that the coachee shares with the coach as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the coach-client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The coach agrees not to disclose any information pertaining to the coachee without the coachee’s written consent. The coach will not disclose the coachee’s name as a reference without the coachee’s consent.

SUPERVISION AND SUPPORT

The A300 team is available for supporting and supervision if wished.

FILLING OUT THE QUESTIONNAIRE

Please fill in the information on this questionnaire completely and as honestly as possible. We are aware that some of the questions are very personal and assure you that all information will be treated with respect and confidentiality.

Participant's name			

Your Name			

Where do you live?			

Your e-mail			

Your relationship with the participant			

How long have you known the participant			

How well would you say you know the participant?	Very well	Well	Not so well
_____	_____	_____	_____

QUESTIONNAIRE 1/2

Please be honest and complete this form as fully as possible:

1 = weak/not good — **5** = very strong/very good

	1	2	3	4	5
Is willing to "stand and be counted"					
Sets the right example: "walks the talk"					
Creates an atmosphere of trust and inspires people					
Treats people fairly					
Listens and hears effectively					
Gives personal attention, is accessible					
Encourages; responds positively to feedback					
Deals with mistakes honestly and sees them as a learning experience					
Is emotionally resilient					
Deals effectively with uncertainty and ambiguity					
Applies knowledge learnt from experience to future planning					
Shows fruit of a Christ-centered life					
Shows a teachable spirit					
Can manage conflicts in a positive way					

QUESTIONNAIRE 2/2

Please be honest and complete this form as fully as possible:

1 = weak/not good — 5 = very strong/very good

	1	2	3	4	5
Has an energized experience of the Holy Spirit					
Expresses gifts of the Holy Spirit					
Lives a spiritual life rooted in Scripture					
Has a realistic wish/calling to live in community?					
Respects and honors diversity					
Values leadership of women and men equally					
Plans and organizes effectively to achieve results					
Provides opportunities for others to fulfil their potential					
Regularly expresses his/her appreciation when others do a good job?					
Demonstrates leadership/ "come, follow me" traits					
Can work in a team and see strengths of the others as equally valuable					
Is committed to delivering the good news in a relevant way					
Believes in the power of the good news to transform lives & communities					
Sees him-/herself as a co-worker of God in His mission					
Demonstrates a "can do" attitude					
Manages risk effectively					
Communicates a clear vision for her-/himself and a team					
Celebrates life, creativity and arts					
Sees justice and social action as central to the message of Jesus					
Is committed to unity and partnership where possible					

Open text: Important to add from my side:

Do you already have a **"Coaching agreement"** in place?

Yes

No

Date