

# MENU OF COACHING TOPICS

*brave enough to be real*



The dashboard in your car is designed to give you important feedback about the performance of your vehicle. It's even more important to monitor the dashboard of your life to have awareness when our fuel is low, or our check engine lights are on. Coaching is about helping YOU identify who you are, where you are, who you want to become and where you want to go.

At Integer Network, we guide people into authenticity, connection, and wholeness in many aspects of life. We welcome you to look through the menu below. The possible areas to focus on are meant to help you identify and select the main headings of life that we will work on as we forge a coaching pathway together.

## **1. Spiritual Life**

I have a desire for growth in areas of engagement with God, faith, theology, disciplines, ministry, church community, etc.

## **2. Marriage Life**

I want help to improve the quality of my relationship and experience one-ness in some key areas of my marriage relationship (ex. communication, conflict, healing or revitalization).

## **3. Parenting/Family Life**

I long to see my relationship with my family improve and develop skills to become a better parent. I want to make changes, increase closeness and decrease regrets.

## **4. Physical Life**

I want to improve aspects to my personal health (ex. nutrition, exercise, sleep).

## **5. Emotional Life**

I want to improve how I manage stress and respond to anxiety. I want to grow in handling my emotions, attitudes and inner reactions to my outer world.

## **6. Self-Awareness**

I have a genuine desire to really see and know ME in a way I never have before. I want to identify my strengths and hidden blind spots that others see and I miss.

## **7. Life Identity and Purpose**

I'm ready to pay attention to the questions "Who am I, really?" and "What am I on this earth for?" I want to discover and fully implement my unique purpose and talents.

## **8. Fear/Insecurity**

I want to get to the root of why I am afraid to BE or DO and learn how to walk in courage and confidence in areas where I'm holding back.

## **9. Time Management and Life Pace**

I need help to improve my schedule, pace and work/life balance. I need a less cluttered life, the skills to say NO and a way to feel less overwhelmed than I do right now. It's time for time management!

## **10. Leadership Life**

I want to become a more effective leader. I want to sharpen my skills to guide others in the right way that promotes innovation, growth, and belonging.

## **11. Intellectual Life**

There is so much more I want to know and grow in. I long for a pathway toward more reading, study and training resulting in a significantly increased knowledge base.

## **12. Social Life**

I have no friends, few friends, unhealthy friends or too many friends and long for a healthier social life. I want to experience meaningful relationships and learn how to build connections with others.

## **13. Communication Life**

I long to communicate better— with my words, my body language, through email, text, social media, etc.

## **14. Financial & Stewardship Life**

Money is a major contention in my life. I want to experience freedom and peace in how I handle money.

## **15. Big Decision**

I am facing a fairly big decision, and I need the tools to wisely navigate through the information and potential issues.

## **16. Big Conflict**

I have a relationship in conflict that has deeply impacted my personal life. I need the strength and wisdom to face the issue and experience healing.

## **17. Ministry/Church**

I want my ministry to have greater impact, and I need a plan to take my group to the next level.

## **18. Miscellaneous**

What area in your life would you like to see transformed? Coaching is about identifying what's important to YOU and helping you be successful at it.