

# The Coach's Corner-September/October 2022

There are many transitions in the life of a church worker: first call, getting married, starting a family, going to a new congregation, adapting to leaders and head of staffs, transitioning into different types of ministry, and retiring from active ministry.

According to William Bridges every transition has three stages: 1. The Ending, Loss, Letting Go 2. The Neutral Zone 3. The New Beginning Each stage presents us church workers with an interesting challenge.

Sometimes it's real hard to **Let Go** of the familiar because it's home base. It's comfortable. We may need a coach to ask, "Do you want to move forward? What is it costing you to hold on to the past?"

Sometimes it's hard to go through **The Neutral Zone** with its turbulent emotions. Feeling temporary chaos and lack of grounding is never easy. We may need a coach to ask, "What creative options do you have at this time? In what new direction may God be leading you?"

Sometimes it's hard to settle into the **New Beginning**. When everything is new, we long for the depth that only comes with time. We may need a coach to ask, "What worked in my old situation but will no longer work in my new situation? Who can help me understand the lay of the land? How can I be most effective in this new ministry?"

That is what coaches do. They just ask questions that increase your depth of thinking, enable you to see options, and help to propel you forward in ministry. And the best part is that the Texas District now offers coaching to all current workers free of charge. Just check the website under Church Workers. Does it get any better than that?

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