

As iron  
sharpens  
iron, so  
one man  
sharpens  
another

Proverbs 27:17



## Team Members

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## Texas District Care and Coaching Team



*A Ministry of the Texas District of  
The Lutheran Church—Missouri Synod*

## Who are we?

The Texas District Care and Coaching Team is a group of people experienced in church ministry who have been appointed by the District President to offer care and coaching free of charge for the workers of the district and their families. The team members have been trained to utilize coaching techniques.

The members of the team have been chosen because of their experience in ministry and their ability to engage and support colleagues. They meet on a regular basis for additional training and to sharpen their skills. Team members practice confidentiality.

## What is Coaching?

Coaches are not counselors or consultants. Coaching begins with the belief that most people have the resources needed to resolve an issue. A coach will first work to establish a relationship with the individual. Next, they will work together to identify goals, explore options, and develop a plan of action.

The members of this team have been trained to use coaching techniques. This means they work to ask questions more than give answers. Coaching typically involves four to six sessions, usually less than an hour each. The coach may suggest follow-up options when that is agreed upon. Most coaching sessions take place virtually.

## Care and Coaching

Being in ministry can be challenging.

Church workers and their spouses need a safe place to talk about professional or personal issues. Care Team members provide that kind of care!

Church workers may desire to grow in ministry skills or life skills. Care Team members are available to provide coaching that can help!

The members of the District Care Team can provide a safe place with listening ears while working through a process to help you identify options and develop a plan of action. That's both care and coaching!