

## What is *Christian* Life Coaching?

The International Coach Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

*Christian* Life Coaching employs and enjoys the added dimension of the Holy Spirit. Partnering in the exploration process, discover how God has uniquely designed you. Learn who He has created you to be for fulfillment of your life purpose and His Kingdom purposes.

Coaching is a life tool that provides opportunity in a confidential environment to intentionally move you to a more purpose-filled living in areas you identify.

We are eternal beings. God-given potential resides in each individual. As a Christian Life Coach, it is my privilege to partner with you and the Holy Spirit in unpacking that potential.

Combining your desires with my training and experience; led by the Holy Spirit's guidance; the result is a divine movement forward for you. Breaking ground in fertile soil, nurturing, and growing your God-given dreams will help you make sustainable changes.

The Lord knows the plans He has for you. Jer 29:11  
The world needs the gifts He has given you!



*A cord of three strands is not quickly broken.*

*Ecclesiastes 4:12b*

## NANCY BENTZ Certified Life Coach

International Christian Coaching Association  
(a division of AACC) and  
Faith Evangelical Seminary, Tacoma WA



Wayne and Nancy Bentz are the stewards of the biblical counseling and prayer ministry practice the Lord has entrusted to them. Founded in 2004, Wayne began the practice as Shammah Ministries. In 2008 Shammahs Field LLC was formed. Today, their business has expanded its ministry reach with the addition of Nancy's life coaching, spiritual growth classes and retreats. Together, the couple offers equipping and training through Shammah Ministries. They share a heart to see others come into wholeness and fruitfulness, experiencing life in its fullness.

II Samuel 23:11b

For more information or to contact Nancy:

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## Shammah Ministries



## CHRISTIAN LIFE COACHING



*"...he who abides in Me  
and I in him, he bears  
much fruit, for apart from  
Me you can do nothing."  
John 15:5b*

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### Personal Life Coaching

A fruitful life does not go unchallenged. Pulled in diverse directions, balance and healthy living may elude you. God desires to arm you well and aim you in the right direction. A coach can be His instrument to help you navigate stages of your life.

### Coaching Individuals in Transition

Life is comprised of seasons. Changes in focus or direction, whether sought or unexpected, often lead to new levels of growth and effectiveness. Engaging a life coach can provide you balance, encouragement to persevere, confidence and accountability.

### Leadership Coaching

Recognizing one's realm of influence is essential for quality leadership. Leading authentically begins with acknowledging Christ as the true Leader and following in His steps. What does that look like for you?

### Coaching for Spiritual Development

No matter where you are in the journey of your relationship with God, He continues to call you higher and deeper in Him. To be Christlike is a transformational process. At times, journeying with another is vital to developing spiritual strength and maturity.

### Coaching Breast Cancer Survivors



A 2-time breast cancer 'thrivor', Nancy is passionate about living God's abundant life. Herein lay her joy of coaching others toward living out their calling. Surviving cancer, or any life-threatening disease, can spark a fresh passion for life, trusting that God has preserved you for purposes not yet finished.

### Self-Assessment for Coaching Readiness

The following questions will help you assess your readiness for life coaching. If you answer "yes" to half or more of them, life coaching may be God's next timely step for you!

\*I am ready to move forward in my life and know God's freedom by addressing a particular area where I feel "stuck."

\*I am ready to change an undesirable habit or behavior to promote a healthy lifestyle and glorify God.

\*I am ready to discover the balanced, authentic life God has designed for me.

\*I am ready to move into a new season of life and engage God's purposes going forward.

\*I am ready to discover my mission, purpose, vision and God's call upon my life.

\*I am ready to move to a new level of effectiveness in my life, ministry, or business.

\*I am ready to hear from God through the coaching process and act on His leadings.

\*I am ready to invest time, resources, and energy into the coaching process.

\*I am ready for spiritual and personal transformation in my life and ministry.



## Packages & Rates

Life Coaching—Package #1  Best option for the client wanting monthly or semi-occasional coaching. Budget friendly choice.	\$45.00/hr
Life Coaching—Package #2 <b>Two 90-minute sessions scheduled and completed within one month</b>  Includes brief email and telephone check-ins between sessions.  Ideal for the budget conscious; good choice for those who want more time per session for exploring, processing, planning, prayer or going deeper.	\$129.00
Life Coaching—Package #3 <b>Six hours of coaching scheduled and completed within three months</b>  Good option for the client wishing to explore, discover, plan and steadily move forward with set goals and accountability.  Includes brief email and telephone check-ins between sessions.  <i>Renewable at the same rate up to three times (for a period of one year).</i>	\$249.00
Life Coaching—Package #4 <b>Two-day, Ten-hour Intensive scheduled consecutive days or within two weeks*</b>  Great option for the client wanting to accomplish discovery, planning, and/or goal setting in a condensed time-frame.  <i>Package includes a "coaching continued" lunch one pre-selected day of your choice.</i>	\$429.00  <small>*12 hours total; six hour days with one hour lunch</small>

*Custom packages may be designed upon request.*