

Managing Life's Changes

Personal & Professional Strategic Coaching



Managing Change, LLC

Due to the shifting landscape of ministry in today's world, most churches are looking for fresh perspectives that will effectively support their membership. Despite shrinking budgets, changing demographics, and an uncertainty of one's future, the expectations of those that we serve, requires an inclusionary mind set that takes into consideration cultural, social and the varied perceptions of a common faith.

“The double benefits of building a coaching support service is producing two distinct outcomes. First, to improve the personal and professional confidence of the individual church members. Secondly it is the collective combination of all those individuals improving their self efficacy that is then transferred by their association with your church into their work with the various ministries, ultimately producing the second effect of transforming and sustaining the health of the church.

Psychological approaches to human development have merit and bring a greater understanding to the different stages of human growth and change.

- a. The biblical perspective provides a transcendent foundation for personal development and the inward transformation process (2 Cor. 3:18).
- b. Emphasis is placed on the inward spiritual development as catalyst to external or outward development (Mt. 13:23, Gal. 5:22).
- c. Inner transformation is a process which begins by the renewal of our minds through the Word of God. Renewal is a process initiated by the Holy Spirit and in which we actively participate and cooperate (Rom. 12:2). 9.

WELCOME TO Managing Life's Changes



Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. In Christianity, we shift from a humanistic philosophy to one based on God's presence dwelling in us and through us. The centerpiece of Christian coaching is the client's awareness of where God is leading a person. With this perspective in mind, we support the following definitions for Christian Coaching.

What does a Personal & Professional coach do?

A life coach takes the client's current starting point, an acceptable neutral ground through a process that shows them that they are the agent of change. The client works with a coach in order to clarify goals and identify obstacles and problematic behaviors in order to create action plans that are their own to achieve desired results. The process of coaching is action-based.

As a Life Strategist I help people connect with what they naturally gravitate to!
To take control of their life and take action to steer it toward their goals.

They become their own agents of change!

The primary distinction in Christian coaching is based in the precept that God seeks active involvement in the lives of humans.

Christian coaching is being able to:

- ... invite the Holy Spirit into the conversation in a three- way partnership,
- ... let the Holy Spirit guide the coaching conversation,
- ... directly ask questions pertaining to the integration of faith,
- ... encourage the client to consider God's will and plan,
- ... allow the expression of the client's faith to grow,
- ... challenge the client to view life from a biblical perspective,
- ... create awareness, design actions and formulate solutions using scriptural references,
- ... encourage the client's transformation more into the image of Christ.

You are the agent of change!

WHAT ARE YOUR CHALLENGES?

1. Are you experiencing life changes of a personal nature?
2. Has your professional compass been turned around?
3. Do you find yourself wishing to communicate more effectively?
4. Are you a peak performer seeking a healthy outlook and intake?
5. Do you seek an earnest intent in your relationships?

COACHING CONCEPTS & BIBLICAL WORLDVIEW

1. The human condition was radically altered by Adam and Eve's sin in the Garden of Eden. The earth fell under a curse. We became subject to physical death. What was once "very good" became defiled and subject to error, disease, decay and eventual death (Gen. 3:6) (Rom. 5:12- 19).
2. Human nature became morally corrupt. Man became alienated from intimate relationship with God. The authority that man held over the earth was lost. Our desire for personal authority is a God-given trait, but we lost the ability to reign with purity. Our sinful nature is passed on from generation to generation (Acts 1:8).
3. Reconciliation is necessary for a person to reach their God-given potential. This is only possible when we accept His death and resurrection as the atonement of our sin (Rom. 6:9-10).
4. Knowing God in an intimate personal relationship is the greatest good that can happen to a person. This makes it possible for a person to experience a full and abundant life and reach their God-given potential (Eph. 3:19, Hos. 4:6).

HOW I'LL HELP YOU TO IMPROVE YOUR LIFE

I have circumnavigated the Sun some 60+ times and over the years I have learned that there are three primary concerns that occupy our time here on earth.

1. Are we Learning? Are we evolving as a human being, as a contributor in our family and community
2. Are we able to contribute to the process of what is required to add and subtract from the need to make a life?
3. How can we help others who are in need? This third element is significant because it gives us purpose and meaning.

From these three primary concerns which occupy our minds every second of our existence, I contribute five (5) key experiences.

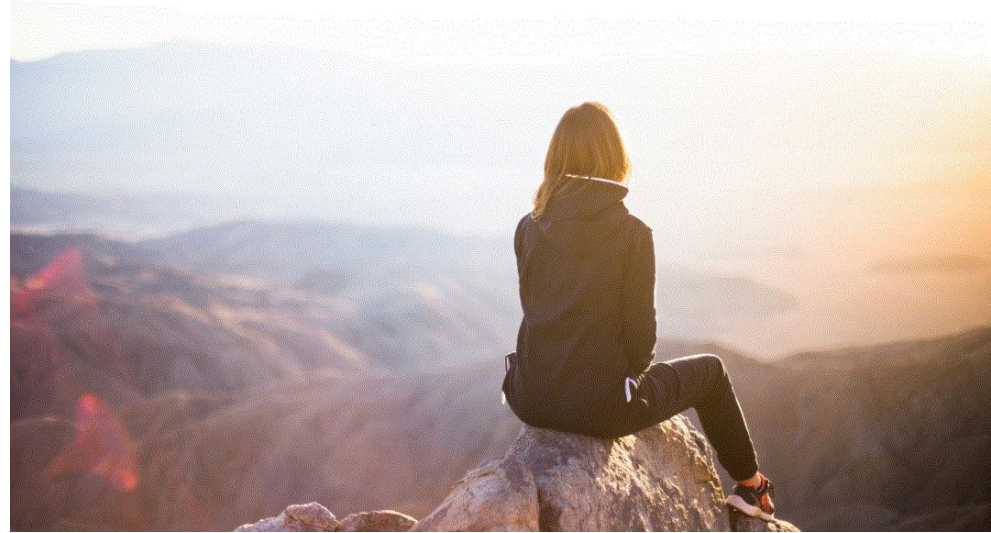
- a. Life's Changes, an unavoidable consequence of being born.
- b. Our skills and competencies are woven into the careers that sustain us once we mature into adulthood.
- c. Our ability to engage with others in fundamental ways that make for an enriched Life - Fundamental Interpersonal Communications
- d. Sustenance, that fuels our bodies to work and play at peak performance for elongated periods of time and for our mental, emotional and physical health
- e. The Relationships we engage in and cultivate.

These are crucial to our well being and which give us meaning for enduring some of life's most challenging experiences.

Identifying Intangible Assets in Producing Tangible Results

Addressing

- 3 Forms of TRAUMA - Recognize IT! Manage IT!
- Address your Doubt Producing Questions
- The 5 Steps of WHY & HOW to deal with challenges
- Using CHAOS to your advantage
- Ayurveda 6 Stages to a Vibrant Life
- 7 Employer/Employee Connectors
- Let's Talk, 15 Conversation Kick-Starters



- *What is your meaning of the challenges you are facing?*
- *Are you aware of how you process experiences in your life?*
- *Do you realize you were not born with this self doubts?*

Navigating Life's Changes

Managing Change 4 Success has been used across two states and in three colleges. By identifying the meaning of things in your life, you will give purpose to what you like to do and offer others. By being the change agent you direct the outcomes and in your actions sustain the desired goals long after the sessions are held. By nature, we need to learn, grow and give back to others. This is the highest compliment we can give our lives.

*Human potential is limited. Potential exists because we are created in God's image. Through dependence on God, there is a higher potential that exceeds all efforts at self-actualization.
(Jer. 29:11, Jn. 15:4-6, Rom. 12:2).*

Finding the SPARK in Your Career

Through the 'identify what you naturally gravitate to', process, you will identify your latent interest that up until now have laid dormant and unused. Learn how to tap into that well of possibilities and transform your life's interest into tangible results of joy.

In Christian coaching we understand that respect and impression of self are based not on personal accomplishment or goal attainment, but on the value of life because we have been created in the image of God. Impression of self is based on scripture and what we understand as God's view of his created people. Personal esteem is not built on the approval of man, but for the approval of God (1 Thess. 2:4, 2 Ti. 2:15).

Engaging Thru Effective Communications

Communicating on purpose shows the people you engage with that you care. By engaging on purpose, you rapidly build rapport. Rapport opens the doors to what is mutually beneficial for you and those around you. Hence, long term meaningful relationships are easy.

*Relationship with God, through Jesus Christ, begins an inward transformation process that reshapes internal thought processes and external behaviors
(2 Cor. 3:18).*

Your Physic = Your Intake

If you have ever been to an all natural organic farm you can see the vitality in health that the farm animals show. What we feed ourselves is no different.

Our bodies are energized by the foods we take in. Studies show that a balanced diet of living food helps us perform at our peak for longer periods of time. Our brains respond and counter life's challenges more effortlessly when our bodies are supported with a more natural food in-take.

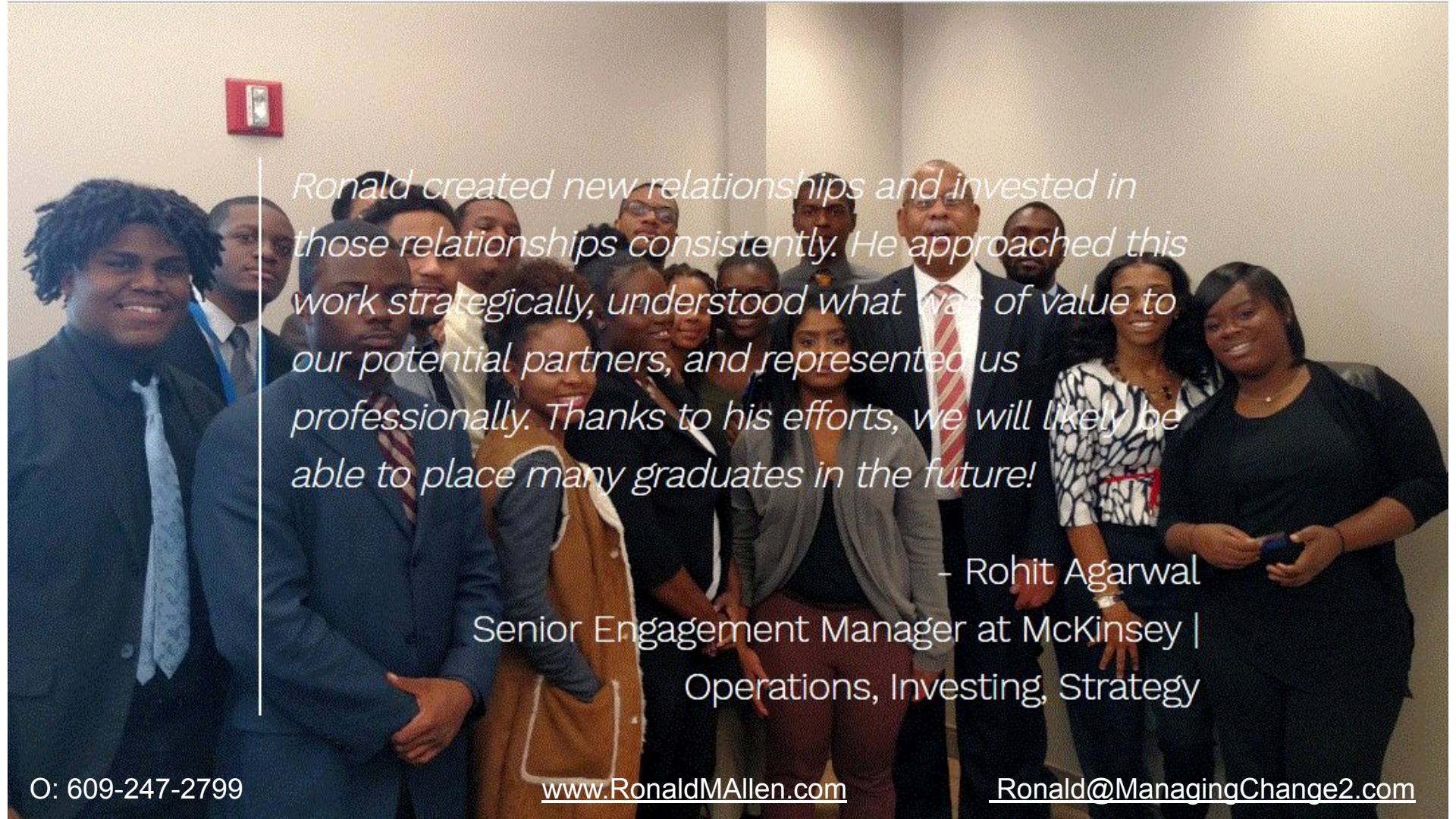
God provides all our needs according to his riches in glory in Christ Jesus (Phil. 4:19). He also gives us our wants as we delight ourselves in Him (Ps. 37:4).

The Code to a Healthy Relationship

What is the true value of a meaningful relationship? Now 25+ years of growing with Miriam, my wife, I can categorically say that it is one's desire to be apart of another's life that is 'healthy'. Sharing, learning and accommodating each others needs which enriches the others character.

Come and let's identify your character in light of those that you care about and identify what your personality is already like that can guide you to a meaningful, sustainable and healthy relationship.

Walking in a manner worthy of the calling of God expands His influence, reign, rule and fame (1 Thess. 2:11-13; Mt. 5:15-17; Eph. 2:10).



Ronald created new relationships and invested in those relationships consistently. He approached this work strategically, understood what was of value to our potential partners, and represented us professionally. Thanks to his efforts, we will likely be able to place many graduates in the future!

- Rohit Agarwal
Senior Engagement Manager at McKinsey |
Operations, Investing, Strategy

My Value - From My Client's Perspectives

Testimonial

“I appreciate his ability to take practical methodologies and apply them to real-life situations. Ronald helped me develop both professionally and personally. He exemplifies what leadership means. Most importantly, Ronald helped me identify my strengths and weaknesses and how to capitalize on both”.

Edward Withey

Director, IT Project Management Office

My Value - From My Client's Perspectives

Testimonial

“Ronald has provided insightful strategic guidance while being a pleasure to work alongside. I don't give recommendations easily and I am glad to promote Ronald and a valuable resource and engaging personality. I see myself as much better off for having had the pleasure of working with him.”

Glen Giancola

Sr Project Manager / Sr Scrum Master at Regeneron Pharmaceuticals, Inc.

My Value - From My Client's Perspectives

Testimonial

“During my project management training, I have come to know Mr. Ronald Allen very well and therefore can comment on some aspects of his teaching. Mr. Allen is a creative, organized and remarkable advisor/teacher, and it has been a pleasure working with him. An important aspect of Mr. Allen's interactions with students is his availability to answer questions and provide just the right amount of structure yet allow students independence. I have personally benefited from working with Mr. Allen and sincerely appreciate his efforts in providing effective training”!

Keela A. Edwards

Project Manager | Event Management

My Value - From My Client's Perspectives

Testimonials

“Ronald is the consummate professional. Very knowledgeable about “Change” and how it affects our lives personally & professionally. He would be an asset to speak at your company or association meeting”!

Eileen Strong

Presentation Skills Expert | Speak With Confidence | Professional Speaker On
Change & Communication

My Value - From My Client's Perspectives

Testimonials

“Ronald is smart talented and I enjoyed working with him. We had many opportunities to interact and he was always generous with his knowledge. He is a superb consultant”.

Dwight E Miller

Discover How To Create A System That Generates More Leads



Identifying Intangible Assets... in Producing Tangible Results

*Accountable relationships support decisions and choices
(Jn. 13:35, Eph. 5:21).*