

Finding Your Voice

By Tim Cosby



I wonder if all coaching is a way to help people find their voice.

I heard about a person who made a profound discovery in the life coaching journey. They loved to sing and wanted to get more involved in their church's music ministry, but every time they tried to "get in," they were thwarted. It was very frustrating, and by the time they came to the coach, they were focused in on their goal to make it into the music ministry of their church so they could use their voice to praise God. They were stuck. They wanted to be in a different "place" with their singing ministry. So they started some coaching around their goal.

Without going into all of the twists and turns, one of the first discoveries they made was the fact that all of their life they had shown a passion for helping young, sometimes abused, children find their voice. They also discovered that as a young child, they sought and received acceptance through their good singing voice. But they also realized their greatest fulfillment in life had been in helping marginalized children understand how much God loved them and wanted them to "speak" out of their true identity and design. This person soon discovered that the journey she thought she was on, (to sing on the worship team in her church), wasn't what God was up to at all. He wanted her to discover who she was, and out of that reality, to help others find their true voice. Through life coaching she found her true voice and was then able to design her mission in alignment with her true identity and passion.

I worked with a client who was considering a career change. They were very unhappy in their career and wanted to take some time to investigate their identity, design, passion, values, vision and mission. In the process they realized that they had been hesitant to really step up to the plate and be who God created them to be. As God began to reveal things, they started "collecting the dots to connect the dots." And as they did, they experienced a new sense of confidence in living out of their true identity, not the identity that others had put on them. They began to find their voice. When you discover Whose you are, who you are, what you love, what you value, what your vision is and how you will accomplish your mission, you will find your voice.

I'm discovering that finding your voice is one of the core things that transpires in a coaching relationship. And when God begins to reveal your true identity, it opens up what feels like a whole new life, a new hope, and new possibilities. And with it comes the courage to walk through the obstacles that used to hinder you from accomplishing the "good works that God has prepared for [you] to do."

Have you found your voice? Coaching is the best way to discover your voice.