



Personal Development Coaching for Christian Leaders

Coaching clients to put the "I" back in LIFE and the "U" back in PURPOSE

The Coaching Relationship

In a true coaching relationship, you choose where to focus, what goals to pursue, and which actions to take. My role as your coach is to guide you in designing a plan to close the gap between where you are now and where you want to be. I help you...

- Navigate transitions.
- Establish new priorities and set goals.
- Explore options and make wise choices.
- Create action plans and be accountable for implementing those plans.

What Coaching Can Help You Achieve

- √ **Greater fulfillment** through envisioning your ideal life.
- √ **Increased confidence** by discovering your unique design.
- √ **Greater balance** through setting healthy boundaries.
- √ **Confirmed value and love** through compassionate listening.
- √ **Increased joy** by discovering greater purpose in life.
- √ **Improved relationships** as your communication skills improve.
- √ **Reduced stress** as you identify and overcome your fears.

I invite you to become forward thinking, live with greater hope, move successfully through difficult transitions, and reach personal goals that have seemed out of reach.

Tim Cosby



FREE 30 Minute Introductory Coaching Session

Take a test drive with a certified life coach.

Contact Tim Cosby • (616) 443-9190 • timlifecoach@gmail.com

About Goals

Big goals get big results; no goals get no results, or someone else's results. - Seneca

If one does not know to which port one is sailing, no wind is favorable. - Normal Vincent Peale

If you aim at nothing, you'll hit it every time. - Milton Berle

About the Value of Coaching

I absolutely believe that people, unless coached, never reach their full potential. - Bob Nardelli

A major benefit of coaching is having someone who helps you see your strengths and weaknesses and uses them to accomplish your goals. - Minneapolis Star-Tribune

Recent studies show coaching to be the most effective means for achieving sustainable growth, change, and development in the individual, group, and organization. - HR Monthly



Tim Cosby, M.Div • Certified Life Coach

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