



**Reverend Denise**

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## **Spiritual Coaching**

Spiritual Coaching is a process used to explore how one may apply Spiritual principles to their life now. The difference between counseling and coaching is that coaching is more interactive and the participant plays an active role in self discovery. Situations are reviewed and all options are explored creating the highest and best outcomes for all. It is like a football game where strategies are determined before the first kick. We too are in a game, actually playing in the game of life; and yes, strategies have been made already by the thoughts we think.

Spiritual Coaching allows participants to evaluate their thought processes with the help of a coach and adapt them accordingly to achieve desired results.

There are a few Spiritual Principles that are inherent to the success of outcomes.

- We are Spiritual beings having human experiences.
- To any situation there are only two responses: Fear or Love.
- You have the power to choose how you wish to feel about a situation.

The Spiritual Coaching session usually lasts for 45 minutes. Once a week for the first three weeks is usually recommend. The majority of clients meet with their coach twice a month. "Meeting" may be over the phone or in person. The fee for this service is \$55.00 per session. If you think you might be interested in Spiritual Coaching you may contact Rev. Denise Oyler at (941) 914-6526 for further information.

### **Commonly Asked Questions about Spiritual Coaching**

*Will there be prayer in the sessions?*

There are times in a session where prayer is a wonderful tool used to connect with the divinity within each and everyone of us. It also allows one to become calm and balanced.

*What if nothing is changing in my life?*

Life does not stay stagnate. Life is always changing one way or another, maybe just not the way you would like it to change. Spiritual Coaching allows you to take more control over your life and how the movement will unfold.

*Will my Coach yell at me?*

A Coaches responsibility is to guide and direct the participant into becoming everything they are meant to be. Not yell at them and tell them what they HAVE to do...but suggest from their own experiences, what might work well for the participant. Once again the participant is the real player in this game of Life.

*How do my thoughts determine my outcomes?*

What you think and believe will actually become part of your life. It works like a self fulfilling prophecy. If I believe that I am incompetent, then I will subconsciously perform at a mediocre level. However, If I believe that I operate in excellence then I will perform in excellence and each and everyday that bar of excellence will rise until one day I realize this consciously and begin to take even more responsibility for my thoughts.