



Level 0-The Capstone-CHANGE & GROWTH, at the top. This is the overall Goal of Sage*Craft* Christian Life Coaching. You are a “Helper”. It is the entire reason for the existence of Sage Craft. From the base of the Pyramid (The Foundation), to the Life Coaching Skillsets, you goal is to help your Client(s) facilitate Change and Growth. As a Christian Life Coach, you are a “Helper/Paraprofessional”

Level 1-Biblical Foundations of Sage*Craft*- At the Base of the Pyramid is your strong Biblical foundation. It is Presumed that you are a Born Again, Mature Christian, you have some years of the successful “Christian Walk” behind you. You may have worked closely with another Christian who helped to guide YOU. You should also have a strong working knowledge of scripture, and over all Bible literacy. For example, before you Life Coach/Disciple someone else, you should be able navigate your way through both the Old and New Testaments.

Level 2-Practical Ethical Boundaries-The Life Coaching relationship is a powerful one that can harm as well as help. Boundaries help to ensure that the Life Coaching Process is both EFFECTIVE (facilitating positive results in the lives of others), and that it is SAFE. Without these guidelines, there may be no improvement at all. Worse, you may create more problems than you might imagine.

Level 3-Your Personal “Way of Being”- has to do with how you begin the Life Coaching relationship, your credibility, and your effectiveness. The bond you establish, and the “Spirit/Attitude” with which you begin, can speak VOLUMES, before you say ever a word.

Level 4 The Overall Life Coaching Framework-You will go from being a “Helper”, to being a SKILLED helper. You will use a simple Three-Phase framework: 1. Where the client is now & how they got there. 2. What they prefer instead (or what they would alter/improve). 3. How to get what it is they want or move into a different set of circumstances, efficiency and effectively.

Level 5 Life Coaching Skillsets- Questioning Protocols, Worksheets, Checklists and Conversational Change models that can help clients make changes, facilitate growth and overcome obstacles. This is the bulk of the “**100 BASIC TECHNIQUES**” that forms the core of The Sage*Craft* Christian Life Coaching approach.