

## Coaching Questions

### REPS Checkpoint

Coaching our leaders to a healthy lifestyle is essential if we truly desire to build long-standing multiplying small groups. This simple format of focusing on our leaders' REPS demonstrates to them that we care as much for their well-being as we do for the existence of their group. Healthy leaders make for healthy groups. Healthy Groups will then make room for quality relationships to be built, life change will take place, and multiplication will happen naturally (because it will become intentional).

*"The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders, and continually develops them."*

-John Maxwell

Effective coaching provides leadership development opportunities, self-reflection and awareness, motivation, accountability, and self-discipline. Our monthly coaching checkpoints are designed to create intentional touch points for maintaining relational, emotional, physical, and spiritual health.

Below are sets of 10 questions for each category to help stir conversations. Each one has the potential to generate quality dialogue between the coach and the participant. Notice that all of the questions are "open-ended," which means they require more than a "yes" or "no" answer. Although the questions should spark conversation, don't allow them to dictate the outcome. If they make a statement that is still kind of vague, ask them follow-up questions that direct them to keep talking. "Tell me more about that." Let the Holy Spirit lead.

## Relational

1. How would you define a healthy relationship?
2. What about your marriage, dating, or family life is going well? What is not going so well? What would you like to change?
3. Who do you consider your closest friend? How is God using that relationship to grow you?
4. How would you describe your time this week with your wife/kids/friends?
5. What does quality time look like to you?
6. What would your significant other or friend say about your relational health?

7. What would you say constitutes a great marriage or friendship?
8. What tensions are you facing in your marriage, parenting, employment, or friendships? How are you working to resolve them?
9. How would you describe a “best friend”? Do you feel that you possess those same qualities? How do you demonstrate them?
10. Which of your relationships give you energy and life? Which are the most challenging or draining?

## Emotional

1. What are you grateful for this week?
2. What is keeping you awake at night?
3. How would you define emotional health?
4. How are you staying emotionally healthy?
5. What do you do to relax and have fun?
6. What emotions are you struggling with right now?
7. What thoughts are holding you captive?
8. What do you typically do when you're feeling overwhelmed, stressed, or depressed?
9. What changes or transitions are you going through? How are you handling them?
10. What do you love to do when you're not working/sleeping? How often do you do it?

## Physical

1. How would you define physical health? What does it include?
2. How would you describe “rest” and how does it affect your physical life and beyond?
3. What does a good night's rest look like for you?
4. What would you consider as healthy eating and drinking habits?
5. What are you doing to maintain good health when it comes to exercise and eating habits?
6. What type(s) of exercise are you doing regularly?
7. What can you do to be considered “healthier” according to your own description?
8. What is one health habit that you can begin today and how can you get started?
9. Is there anything about your physical health that you would like to change?
10. What thing(s) can you STOP doing in order to be healthier?

# Spiritual

1. What has God been teaching you recently?
2. What are you praying about right now?
3. What habits do you think constitute spiritual health?
4. What would you say is your strongest spiritual habit and why?
5. What is your weakest spiritual habit? What could you do to make it stronger?
6. How are you applying what you are learning from the weekend celebration service, your small group, and the group's leadership community?
7. What Scripture or devotional are you currently reading?
8. Tell me about your most recent opportunity to share your faith. What was the outcome?
9. How would you describe discipleship? Do you consider yourself a disciple? How can you tell?
10. What would be a great next step for you to take to grow deeper in your relationship with Jesus?

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