

Coaching Services Partnership

Real Life Church is now offering coaching services to members of our church! This is a free service provided in partnership with Joe Macias, owner of Ripple Effect Coaching, LLC (bio below).



Coach's Bio

Joe Macias is a retired executive coach with 40 years' experience in leadership, coaching, and university faculty roles. Most recently, he served with MultiCare Health System for 10 years. Prior to that, he served for 15 years with World Vision International. He continues to coach in his own organization, Ripple Effect Coaching, LLC. He also goes to Africa and Asia twice per year to teach in a graduate program in organizational leadership in partnership with Development Associates International.

Joe has a BS in Business Administration from the University of Redlands in Redlands, CA and earned his MA in Business Management also from the University of Redlands. He is a Certified Personal and Executive Coach from the College of Executive Coaching in Santa Barbara, CA

Joe has been married to his wife, Gayle, for 50 years. They have three grown children and five grandchildren. Two of their children and two grandchildren live in Seattle. Their youngest child and three grandchildren live in Malawi, Africa.

SERVICE TYPES

Three types of coaching will be offered in this program:

1. **Performance Coaching** is a developmental process by which you get support while learning to achieve a specific personal or professional result or goal. It is about unlocking your potential to maximize your own performance. It is helping you to learn rather than teaching you.
2. **Life Coaching** is a process that is profoundly different from consulting, mentoring, advice, therapy, or counseling. The coaching process addresses specific personal projects, business successes, general conditions and transitions in your personal life, relationships or profession by examining what is going on right now, discovering what your obstacles or challenges might be, and choosing a course of action to make your life be what you want it to be.
3. **Career Coaching** helps you establish realistic career goals, discover solutions to challenges you're up against, develop action plans, build self-confidence, and instill motivation to take action. Assistance with resumes is also part of career coaching.

Sometimes there is an overlap between performance coaching, life coaching, and career coaching.

Note: Coaching services offered through Real Life Church are *not* individual or marriage counseling or therapy.



ELIGIBILITY

Anyone in the Real Life Church community over the age of 18 is eligible for coaching.

PROCESS

1. Request coaching services by [filling out this form here](#).
2. You will be matched with a coach and the coach will contact you for an initial get-to-know-you session (30 minutes)
3. You and your coach will develop a schedule that will follow this pattern:
 - a. First coaching session (60 minutes)
 - b. Second coaching session (60 minutes)
 - c. Third coaching session (60 minutes)
 - d. Fourth and final coaching session (60 minutes)
 - e. Coaching sessions will be scheduled approximately 2 – 3 weeks apart.

During the Covid-19 pandemic, coaching sessions will be offered virtually on Zoom or another platform. When we are through the pandemic, coaching sessions will be in person or virtual (based on individual preference).