

# Personal, Professional and Ministry Coaching -Amanda Antcliff-

Coaching provides a **partnership** and a **pathway** to **personal excellence and growth**.

Amanda coaches people with a personal, professional and/or ministry focus. As a Christian and Pastor, Amanda will help you fulfil your God given call and provide insight from a spiritual and ministerial point of view. Coaching programs are tailor made for every individual.

## Personal Coaching

Personal coaching is beneficial for anyone who is wandering through life, is stuck, in transition or about to launch into a new adventure. Coaching will help you to discover and define who you are and where you are going, and give you the skills and support to get there. Coaching is equally helpful for those people who are already confident in themselves but are motivated to personally develop and reach higher levels of performance and success. Depending on your unique needs and goals, your personal coaching program will focus on a combination of these areas:

- **INCREASE SELF AWARENESS** by defining personal passions, values, personality and purpose.
- **CLARIFY DIRECTION** by focusing on vision and establishing goals and strategies.
- **STRENGTHEN CONFIDENCE** by identifying limiting self beliefs and thinking patterns.
- **ESTABLISH NEW HABITS** by changing mindsets and applying winning disciplines.
- **OVERCOME OBSTACLES** or **PATTERNS** by dealing with fears, frustrations and limitations.
- **EMPOWER ACTION** by setting goals and receiving inspiration and regular accountability.
- **CREATE BALANCE AND PEACE** by adopting stress and time management principles.
- **ACQUIRE WISDOM** by receiving insight and support on issues or decisions of life.
- **ENHANCE SUCCESS AND SATISFACTION** by achieving purposeful goals.

## Professional Coaching

The focus of professional coaching is partnering with people who want to develop themselves in their work, career or business life. Coaching can help you define a new career path, start or build a business, increase performance or leadership skills, or commence a major project like writing a book. Professional coaching may also be sponsored by a business or organisation to develop and support their employees. So as to ensure a high return on investment, the outcomes of these coaching programs are designed to align with organisational objectives and the growth in staff will be both observable and measurable. The following Professional Coaching Programs are designed for individuals and corporations.

- **MAXIMISE THE PERSON and THEIR PERFORMANCE**

This program is aimed, first and foremost, at developing the individual and through this process clients typically achieve more effective results. The goals and KPI's of the person's work role will be compared to their strengths and weaknesses and a coaching program designed to meet the needs of the individual and organisation. A broad spectrum of coaching areas may be focused upon: reaching targets, time and stress management, understanding and managing people, confidence and assertiveness, resolving conflict, delivering presentations, strategies and systems, emotional intelligence and leading teams.

- **TEAM COACHING**

This style of program focuses on coaching a team within an organisation with the aim of maximising cohesion and productivity. Every team member is initially interviewed to ascertain the unique team dynamics and the strengths and temperaments of each individual. The staff's roles and responsibilities are assessed to ensure the best fit and maximum performance. The team will complete a SWOT analysis to brainstorm present and future challenges and possibilities.

- **CAREER COACHING**

This program is for anyone who is dissatisfied with their present career or re-entering the workforce. The aim of this program is to help you find your professional 'sweet spot' by identifying your unique passions, proficiencies, personality and purpose. Throughout the program, career options are explored across different industries, organisations and positions. Individuals will leave this program with clear direction for pursuing a purposeful career that they will find rewarding and satisfying. Practical skills are also addressed such as networking, writing resumes and preparing for job interviews.

- **ESTABLISH or DEVELOP A BUSINESS**

This program will help individuals who have a business idea to creatively define their business brand and to action the initial steps involved in establishing a new business. An individual will assess their personal strengths and weaknesses to the needs, roles and responsibilities required for the business to be established and to grow. A business plan will also be written to ensure future growth. Alternatively, if you already have an established business, together we will look at areas where you need to personally grow and define creative strategies and systems by which your business can expand and develop.

## Ministry Coaching

Amanda is involved in pastoring and church life at different levels. She has been part of the C3 Oxford Falls pastoral team, with Ps Phil and Chris Pringle for more than 22 years and in this church she oversees a network of women. She has been involved in running youth, connect and discipleship groups and for a number of years she was involved in church planting in Cebu city, Philippines. Now, she works with her husband, Patrick as he oversees the planting and building of churches in Africa and previously in different countries throughout Asia. Together, Pat and Amanda are on the C3 Church Global Executive. Patrick is also the Principal of C3 College and Amanda is very much involved in college life as a lecturer and student mentor. Amanda also regularly speaks and ministers in other churches throughout Australia and internationally.

Amanda understands the joys, challenges and pressures of ministry life and the stretch and sacrifice of the call of God. She has coached pastors from different church movements and helped them to personally grow – in their confidence, authority, preaching, gifting's and leadership. All of those who have been coached have found it helpful to have a confidant and a sounding board to talk through different issues that arise in all facets of their world. In this role as a coach, Amanda maintains strict confidentiality. The aims of a coaching program with a ministry focus are determined on an individual basis.

# Coaching Programs: Fees and Payment Plan Options

The following table details the fees and payment plans for Personal, Professional and Ministry Coaching.

Program Style	Number of Sessions	All money is AUD\$+	Payment Plan Options		
		Total Fees Payment Paid Upfront	2 x Payments	3x Payments	Payment per Session
<b>Face-to-Face# Coaching</b>	6	\$660	2 x \$340	3 x \$230	6 x \$120
	9	\$960	2 x \$495	3 x \$335	9 x \$115
	12	\$1200	2 x \$620	3 x \$420	12 x \$110
<b>Phone or Skype Coaching</b>	6	\$580	2 x \$300	3 x \$205	6 x \$105
	9	\$860	2 x \$445	3 x \$300	9 x \$100
	12	\$1080	2 x \$560	3 x \$380	12 x \$95
<b>Irregular Coaching</b>					
	- <b>Face-to Face#</b>	1	\$120		
- <b>Phone or Skype</b>	1	\$110			

# **Face-to-Face Coaching:** Fees quoted include travel within a 15km radius of Amanda's office (Cromer, Nth Beaches, Sydney). Additional costs will be charged for travel time, parking and tolls. Payment of one beverage will be paid for by Amanda.

+ **Note:** All money is AUD\$. Payments are to be paid directly into an account via internet transfer or by credit card through PayPal. Anyone living outside Australia and paying by PayPal will be charged an extra 5% to cover fees, currency exchange and international postage.