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February 2012 Newsletter

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Let's coach our way through the Scriptures

I've long been inspired by the powerful coaching lessons found throughout the Scriptures. As a pastor, coach and coach trainer, it's only natural for me to look to this ultimate source for inspiration and example.

Is there any end to the coaching wisdom in the New and Old Testaments? I wanted to find out, and so this article begins that journey, starting with Jacob's story.

Whether it's the start of a new year, a new week or a new day, many of us compile lists and goals of the things we want to do and accomplish. As I've pointed out in previous articles, it's important to [get into "being" mode before jumping into "doing" mode](#)[L2] .

That way your actions can be grounded in your ultimate vision of what success looks like for you. Getting into "being mode" is a lot easier when you know who you are. Jacob's story in the Book of Genesis gives us a useful framework for turning inwards to answer three powerful questions about our own identity.

1. Who do others say you are?

In Genesis 25:26 we read, "After this, his brother was born, with his hand grasping Esau's heel; and so his name was Jacob." Jacob's name, literally, means "heel grabber," a very unflattering name. Just imagine growing up with that stigma. Who do others say you are? What names or labels have you been given in your lifetime, and how do those impact your own beliefs about what you can accomplish?

2. Who do you say you are?

We go on to read in Genesis 27: 18 & 19, "So Jacob went to his father and said, 'My father'; and he said, 'Here I am. Who are you, my



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Featured Blog Post

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son?" And Jacob said to his father, "I am Esau your firstborn" At a defining moment in his life, Jacob decided to change his name. He chose to take his brother's name and be someone he wasn't. Who do you say you are? Really? Are you living and acting as your true self, or someone else? How does that feel?

3. Who does God say you are?

Then in Genesis 32: 28 we read, "And God said, "Your name shall no longer be called Jacob, but Israel" " At another defining moment in his life, Jacob heard loud and clear who God said he was. Being called Israel began a period of life change, radical transformation and lasting healing for Jacob. Who does God say you are? Spend time really discerning this. This may mean saying no to other tasks. It may require giving yourself some breathing space. Give yourself this gift. What would it mean for you to live and be who you are in God's eyes? How different could today be for you? How do you plan to apply this suggestion to spend more time in "being mode"? More importantly, who will you be when you get there? The person others say you are, the person you say you are, or the person God says you are?

Meet Our Faculty Member - Trigena Halley, PCC



Trigena H. Halley, PCC is the founder and owner of Peak Performance CCT, LLC (www.peakperformancecct.com). During her professional career, Trigena has held various leadership positions in the global corporate arena with a focus on talent development, strategy execution, achievement of financial goals and client satisfaction.

Today Trigena works with individuals and organizations seeking to enhance, improve and sustain peak performance through a result-focused approach. She specializes in leadership, conflict and team coaching, performance improvement, development of leaders and working with organizations to employ a sustainable coaching culture. Her experience spans service, non-profit, corporate as well as faith-based and educational organizations. Trigena also offers several individual and organizational assessments, a few include the Meyers-Briggs Type Indicator (MBTI), MHS EQi assessment (Emotional Intelligence), Professional Coaching Styles Indicator (PCSI), and PRISM 360 Assessment.

As a mentor coach, Trigena supports business and ministry leaders working toward ICF certification. She works with coaches, consultants and trainers who have or are starting their own business to support their success both initially and long-term.

Trigena volunteers both within her community and her local church, her ministry focus is with an organization called Holding Out HELP (www.holdingouthelp.org), which supports individuals and families

leaving a polygamist lifestyle and transitioning into mainstream society. Trigena has a Master of Arts in Communication Consultancy and a Bachelor of Science in Marketing both from Oklahoma State University.

In 1999 Trigena moved to Sandy, Utah where she spends four seasons a year outdoors – skiing, hiking, running, and canyoneering slot canyons. Passionate for the great outdoors Trigena leads outdoor retreats, she believes nature itself is the ideal palate for change. She continues to enjoy exploring the great state of Utah and other exciting destinations with her husband, two children and friends.

Meet Our Trainer - Lyn Barrett

Lyn Barrett, MEd, MDiv, is a Transition Coach and the founder of The Way Forward. Having personally experienced many planned and unplanned changes in her life, Lyn's passion and expertise is helping people of faith move ahead in times of transition. She will meet you where you are, follow your cues, and help you create stepping stones to a life of passion and purpose. On your timetable, she will walk with you through your transition as you discover the new life God has planned for you.



Lyn's coachees are usually seeking a vocational change ("call" coaching), a new "normal" after losing a loved one (grief coaching), or a new vision for a life of service after leaving the workforce (retirement coaching). Whether your needs are career-oriented, family-oriented, spiritual in nature, or related to self-care, Lyn will cut through the confusion and help you put your plan in place. As a former teacher, a school principal, a pastor, and a spiritual director, Lyn brings a wealth of life experiences and perspectives to her coaching. With her help and God's guidance, she will help you find your way forward!

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