THE INTENTIONAL DAD COACHING · PASTORAL, NOT CLINICAL

What to Expect *in Coaching*

THE INTENTIONAL DAD

The Intentional Dad Coaching is a conversational one-on-one process designed to help you discern where Jesus is inviting you deeper into healing and apprenticeship with him. The goal of coaching is to help you experience life as a fathered son or daughter and discover the freedom that comes from wholeheartedness.

Sessions create space for listening, reflection, conversation, healing prayer, and discernment as together we seek the leading of Jesus in your story. The process is intended to help you move from merely surviving daily life toward leading and loving intentionally, from exhaustion and striving toward deeper sonship or daughterhood.

What Coaching Is, and What It Is Not

COACHING IS

- ✓ Slowing down, listening well
- ✓ Courageously engaging your story
- ✓ Discerning the Spirit together
- ✓ A guide and companion

IT IS NOT

- × Advice-giving
- × Behavior management
- × A rigid program
- × Trying to "fix" you

While there may be moments of teaching or guidance along the way, those moments arise naturally in response to your story and what Jesus seems to be revealing in the process.

Jesus is the healer. My role is not to "fix" you, but to walk alongside you as a guide and companion in the process.

> ⓘ **While coaching can be deeply healing and pastoral in nature, it is not a substitute for licensed clinical counseling, psychiatric care, or emergency mental health support.**

Rhythm and Structure

Clients can customize coaching based on two variables: session length and meeting frequency.

• = 1 session in a month	WEEKLY	EVERY OTHER WEEK	MONTHLY
1-hour	• • • •	• •	•
2-hour	• • • •	★ Most often recommended	•

While every situation is unique, I most often recommend **2-hour sessions every other week**. In my experience, that rhythm tends to create the healthiest balance of depth, gentleness, consistency, and momentum, especially for those walking through seasons of exhaustion, burnout, grief, transition, or emotional pain.

SESSIONS MAY TAKE PLACE BY

- **Zoom**
- **Phone**
- **In person** — Dexter, Michigan

Safety, Confidentiality, and Vulnerability

Healing requires honesty,
and honesty requires safety.

Coaching sessions are intended to be a safe, shame-free environment where vulnerability is treated as sacred. Privacy and confidentiality are taken very seriously and are essential to building the trust necessary for meaningful healing and growth.

> ⚠ **The only exceptions to confidentiality involve situations related to immediate harm or safety concerns.**

One of the most important postures in coaching is a willingness to courageously practice vulnerability. Most of us know what it is to be vulnerable with the wrong person, and because of that, vulnerability can feel frightening. Still, healing requires that we engage our pain honestly, and that cannot happen without risk.

Because of this, coaching tends to be most fruitful for those who are willing to slow down, remain curious about their own story, and approach Jesus with increasing honesty and openness.

The process is not about performing well or "getting fixed," but rather learning to become present to what is true: to your desires, wounds, longings, fears, relationships, and the invitations of Jesus within them.

Patience is important in this process. Healing and transformation are often slower, deeper, and more relational than we expect. Together, we are learning to discern and respond to the Spirit of God rather than force outcomes or manage appearances.

> *"Do you want to get well?"*
>
> **JESUS · JOHN 5:6**

Coaching is ultimately for those who hear this provocative question of Jesus and find themselves increasingly ready to answer with a wholehearted yes.

Scheduling and Next Steps

1. **Free consultation**
   To begin, I typically recommend a free consultation: a chance to hear a bit of your story, discuss your hopes, and discern together whether this is the right next step.
2. **Schedule online**
   Coaching sessions are scheduled individually through the website, and payment is completed at the time of scheduling.
3. **Begin your sessions**
   Choose the length and rhythm that fit your season.

Scheduling, session information, and consultations: **theintentionaldad.org/coaching**

Questions? **aric@theintentionaldad.org**

Missed or canceled sessions are the responsibility of the client to reschedule. All received payments are final.