

## **Women's Clinic Life Coach**

### **Mission Statement & Belief**

Dream Centers exists to provide health and hope for people working to rebuild their dreams. We believe lives are transformed when we serve the whole person, which means meeting basic needs, providing people with dignifying, integrated healthcare, offering opportunities to learn and access life skills training, and providing a safe haven that supports our clients as they rebuild their dreams. Our values, both core and aspirational, guide our work every day.

**Position Title:** Life Coach

**Accountable To:** First Impressions Director

**Status:** Volunteer position without opportunity for employment

### **Position Overview**

Coaching is an on-going intentional conversation that empowers a person to fully live out God's calling. This journey of self discovery is facilitated through a gentle questioning approach that allows clients to rediscover their values, motivators, hopes and dreams. Clients are encouraged to take ownership of the coaching process and accept accountability for the small steps they set toward achieving their goals. Typically women will be referred to the Life Coach through the counseling team.

### **Qualifications**

- Certification as a Life Coach, copy of Certificate must be provided to Dream Centers
- Certification recognized by the International Coaching Federation preferred
- Excellent interpersonal communication skills

### **Personal Character**

Caring and compassionate, flexible, reliable, committed, and excellent communication skills. Follower of Jesus, comfortable with our holistic approach to health including physical, emotional, mental, and spiritual care.

**Abilities:** Able to learn and utilize EHR according to clinic protocols. Annual overview of clinic policies and procedures.

### **Duties & Responsibilities**

- Meet with women referred by Women's Clinic counselors or providers
- Keep to established schedule, plan for absences as much as possible
- Establish a one on one relationship in 45 minute to 60 minute sessions, to build trust, listen deeply, and potentially pray for the individual
- Understand the client's present situation and seek to guide her into a more desirable future
- Establish future goals, client led
- Establish specific steps to achieve future goals, client led
- Provide progress notes of each session within the Women's Clinic's EHR system
- Refer client back to counseling or provider for needs falling outside of the Life Coach scope of relationship
- Practice excellent self care
- Communicate needs/desires for resources to the First Impressions Director
- Document service hours through Volgistics volunteer software
- Attend Women's Clinic ongoing educational opportunities that pertain to area of service

### **Time Commitment**

Minimum of 4 hours twice per month.

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