

Here's what I did with the group of parents who were looking for support via coaching for balancing parenting and ministry leadership into the fall as the pandemic continues. I had groups of 6-8 as the entire group present for a 90 minute group coaching session. Could be hard to scale up to a larger group, but might be possible with small group facilitators in breakout space. Anywhere it says to share with the group, this will only really work in groups of 8, maybe 10 max. You want space for each person to share, and the coach will need to set it up to divide time well---avoiding one person running away with the time ("Joe, thank you, I can see there is a lot there to process. In order to have time for everyone, let's keep it brief. I would totally recommend you connect with a coach to go further into the complexity one on one!")

Fall Work-Life Planning Group Coaching for Parents

Welcome

D365 Devotion

Introductions (could be done in small groups, but really needs a leader to keep the conversation flowing and use time well) – Who are you? Who makes up your household? Where are you serving and how? In a few words, what is your general education/child care plan for this fall (hybrid, in person, virtual at home, etc)? No matter what happens this fall, what is one most important thing to you?

Photo Reel: In the chaotic moments of the first few months of quarantine, my husband and I would say to ourselves, "Someday we'll look back and these will have been the best days." A little while ago I was looking through my photos to find something, and I was struck that I already could feel the good things about our time together at home. Take a 4 minutes to look back through your photo reel of the last 6 months (literally on your phone or computer, or mentally in your memory). What do you see in these photos as you search for the joy and the highlights? Write on your own as you look whatever words come to mind. At the end of the time, prompt participants to share up to 4 words.

As you think about the past season of Covid, what have been the sticky parts, stuck points, hurdles and challenges that have kept you from this joy available? (People write on their own)

Take a moment to add any new challenges you fear this next season. Looking at this full list, which one of these do you anticipate will be the biggest challenge going forward? (Invite to briefly name this challenge aloud sharing by mutual invitation or in chat.)

Now, a game I learned from Prepare-Enrich pre-marriage counseling. When you face a problem and are in conflict with your partner, to get beyond being stuck with no options or just the me vs. you of two competing solutions, work to brainstorm as many solutions to this challenge as possible, not stopping until you get to ten possible solutions. In

order to get to ten, you may have to include some fantastical and funny options, but don't quit until you get to ten. How might you face this challenge successfully in the coming season? Ready, go, ten possible solutions!

Looking at your list, circle or highlight three that could actually work.

Share those three possible solutions plus a funny one if you'd like. (Aloud by mutual invitation or in the chat.)

Here I explained how to create an Action Plan and gave the homework to make an action plan for one or all three of those possible solutions.

We used the remaining time together not to make those plans, but to share in these coaching questions, a few minutes one at a time on the two questions:

What do you believe about the Church that ought to support you in this?

Let's create a Scripture flurry. What Scripture comes to mind when you think of all of the challenge, joy, and plans in this season?