

Life Coaching? What is it?

The International Coach Federation (ICF)—the leading global coaching organization and professional association for coaches—defines coaching as “*partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.*”

Furthermore, coaching is an: “*ongoing relationship between the professional coach and the client, which focuses on the client taking action toward the realization of their vision, goals or desires. Coaching uses a process of inquiry and personal discovery to build the client’s level of awareness and responsibility and provides the client with structure, support and feedback.*”



We all need a safe environment to process and receive wise advice full of discernment.

King Solomon once wrote: “*A plan in the heart of a man is like deep water, But a man of understanding draws it out*” (Prov. 20:5).

May I ask you a few Q... ?

Perhaps you are a leader, a missionary, or a pastor who is experiencing burn out and dissatisfaction with life.

Could it be that you are so busy doing things on the outside but without any real fulfillment on the inside?

Maybe you are an executive with a successful career, or a respected business professional, but for some reasons, you feel empty and without purpose.

Let me ask you something:

- ◆ Are you feeling confused, stuck, disillusioned with life, and upset with yourself?
- ◆ Do you even feel disappointed with God?
- ◆ Is your heart troubled and without rest?
- ◆ Do you feel that there is more to life than money and success?

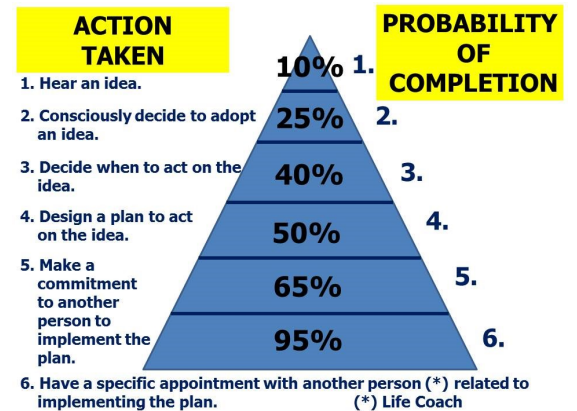
My promise to you:

I am not here to ‘fix’ anyone, that is God’s job. But I can promise you these:

- ◆ I promise to pray with you and for you, to seek God’s will for your life, to assist you in establishing life goals and to keep you accountable in the process of reaching them.
- ◆ I promise that whatever we discuss will be buried before God.
- ◆ I promise to be there for you and to help you navigate toward a more engaged and fulfilling future.
- ◆ I promise to be a missionary of hope, a discern-er of truth, a vessel used by God, a spiritual advisor, a challenger for your vision.
- ◆ I promise to care for you and to love you with God’s love.

Why hire a Life Coach?

Based on the research done by The American Society of Training and Development (ASTD) the probability of reaching a goal increases by 95% if people have specific appointments with an accountability partner or a life coach.



Coaching is all about **RESULTS**.
 Coaching is about **GROWTH**.
 Coaching is **SMART**.
 Coaching is a **BLESSING**

Endorsements:

“Passion, maturity, outreach, identity, spiritual warfare, intimacy — it's all there in Upper Room Fellowship Ministry's intent and content. I encourage you to check it out.”

— **Steve Pettit**, Pastor, CenterPoint Christian Fellowship, Gainesville, FL, USA

“Valy Vaduva is passionate about helping Christians discover who they are in Christ and how to grow by the grace of God.”

— **Dr. Neil T. Anderson**, Founder and President Emeritus of Freedom in Christ Ministries

“I encourage you to take advantage of the services Upper Room Fellowship Ministry (URFM) offers. You will be ministered to deepen your roots into the Scriptures, to overcome the obstacles of the flesh, and to know your spiritual identity in Jesus Christ.

It is worth all the efforts in order to have eternal benefits. You will be blessed and become a blessing.”

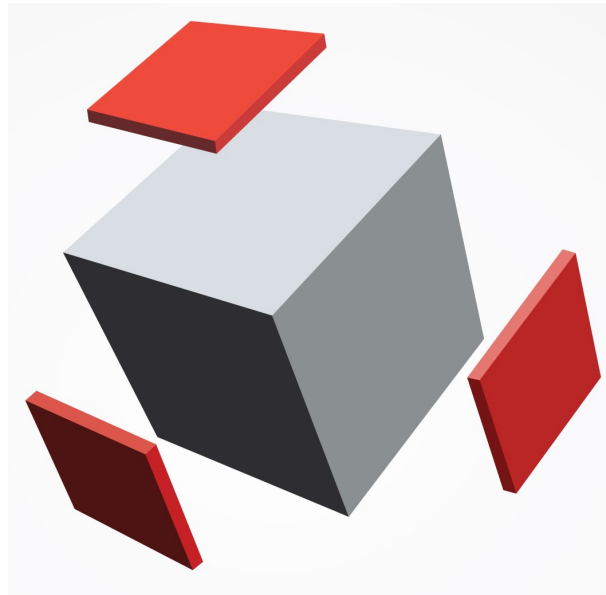
— **Simion Timbuc**, Pastor, Bethesda Church, Troy, MI, USA

“In the 1990s, about the time the iron curtain fell in Romania, I had the privilege of meeting Valy Vaduva. Valy was the most passionate person for Romania that I knew. Valy stands out above and beyond them all, as being more capable of leading, of creating, sacrificing and accomplishing. Most of all I am grateful for his interest in spiritual things, which has been otherwise so neglected in Romania.”

— **Gene Edwards**, Christian Author and Church Planter

“Got a nagging feeling that your life could be more fulfilling? Want to change direction but aren't sure how to do it? Here's how to jump start your new life today ... Hire a personal coach.”

— *Modern Maturity*



Do you *desire more* from life than you experienced so far? Perhaps you are confused about your *role* and *function* here on earth? Do you want to know the *will of God* for you? Do you feel you lost the *meaning* and *purpose* in life?

If your answer is ‘Yes!’ to one or more of these questions, I assure you that you knocked on the right door. With God’s help, I can assist you.

Contact me immediately!

urfm.org/life-coaching

(734) 972-5717

valyvaduva@gmail.com

“I will most gladly spend and be expended for your souls.”

— 2 Corinthians 12:15



Spiritual Life Coaching



“Iron sharpens iron, so one man sharpens another.”

— Proverbs 27:17