



## Ministry Descriptions and Offerings

True North on a compass represents the magnetic direction to which a compass is drawn. It cannot point another direction, as it is compelled by an unseen power to point in one single and true direction. Like the compass, **True North -Counseling, Coaching and Mentoring Ministry**, believes there is only one direction a life can travel that will bring real direction, purpose, peace, and lasting fulfillment. That "true" and "unseen power" in a person's life must be God and Him alone. Though each one's path is different with triumphs, challenges, obstacles, and setbacks being abundant, if the true and unseen power of God is present and followed or returned to in the process, the journey is full of His genuine love, hope, faith and a purpose filled future.

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope." **Jeremiah 29:11** [NLT]

**True North -Counseling, Coaching and Mentoring Ministry**, provides Christ-centered, biblical counseling, coaching, and mentoring services to the Faith Alive Family as well as the greater West Branch Area. Offered in a comfortable and supportive atmosphere, we offer a highly personalized, evidence-based approach tailored to each client's individual needs to help reach the personal growth they're striving for. The specific ministry descriptions and offerings are as follows.

### Counseling Ministries

Biblical counseling provides help and guidance for clients in addressing present and past life challenges. It seeks to bring a client from where they are in the past to a healthier present and outlook. Biblical counseling applies proven scriptural principles and psychological methods to each client's situation via interview, testing, assessment, interests and aptitudes. The resulting information and discussion produces a set of agreed upon action step(s) that the client then works on between subsequent sessions.

#### Counseling is offered for:

- Depression and Anxiety
- Couples Counseling
- Marriage Counseling (pre and existing)
- Divorce Recovery

- Family Counseling
- Parenting Support
- Grief & Loss Counseling
- Work and Career issues
- Stress Management
- Addiction & Recovery
- Conflict Resolution
- Abusive Relationships

Counseling sessions are done face to face and can continue as long as the client desires and as long as the client is willing and makes progress on action steps agreed upon. All sessions begin and end with prayer.

### **Coaching Ministries**

Faith-based Coaching is a relationship built on a high level of trust where the client is considered the expert and the agenda for each coaching conversation is co-created by the coach and the client. Biblical Coaching helps take the client from where they are currently to where they want to go. Through the use of learned coaching skills, the coach moves the client to:

- Gain new awareness that encourages internal shift(s)
- Design actions for on-going learning
- Set specific, realistic and measurable goal(s)
- Commit to accountability and responsibility for follow-through

Coaching sessions, typically conducted over the phone, can continue as long as the client desires and as long as the Coach feels there is value being added. All sessions begin and end with prayer.

### **Mentoring Ministries**

Biblical Mentoring enlists the life experiences and mature relationship with God of the Mentor, to a client of the same gender, who is typically younger, and with lessor experience and maturity. The focus may be dealing with the past or it may deal with where the client desires to go. Through listening, help, and advice, the Mentor builds action steps that are agreed to by the client. Accountability helps to assure measurable progress and growth.

The focus of mentoring sessions are typically arrived at through:

- Interaction with the clients parents or care giver(s)
- Expressed needs of the client if they are an adult.
- Interaction with the client by the Mentor (younger or adult)

Mentoring sessions are done face to face and can continue as long as the client desires and as long as the client is willing and makes progress on action steps agreed upon. All sessions begin and end with prayer.