REGNUM CHRISTI

RC COLLEGE LIFESTYLE PROJECT

LIFECOACH ING

OVERVIEW AND ROADMAP

INDEX

- Overview
- Cultivate trust
- Accompany through our charism
- Commit, and stay in your life coaching lane
- Resources for coaches and students

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Overview

FROM THE STATUTES, THE COACH IS ENCOURAGED TO:

- **Cultivate trust. Promoting authentic communion requires all of us to cultivate: Listening andvaluing dialogue as a path desired by God for the mission of the Church and our mission, in accord with the relational nature of the person. SRCF 92§1.2**

- **Accompany through our charism.** Accompaniment is required to form convinced apostles who aspire to the fullness of life in Christ. Accompaniment is understood as close, stable, personal attention marked by selfless service. It seeks to help the other be open to the action of grace and contribute their own human collaboration. SRCF 35§1
- **Commit and stay your oaching lane: the goal is to effecitvely prepare and lauch apostles according to Christi's heart.** The personal experience of Christ's love produces and interior urgency in our hearts that impels us to passionate self-giving in order to make His Kingdom present: "caritas Christi urget nos" (2 Corinthians 5:14) SRCF 10

- **Take advantage of resources for formation.** To share a spirit and a mission requires that the formation of all must take into account the characteristic features and requirements of that spirit and mission. This formation must help us discover the full meaning of our lives in Christ, be configured to him, and fulfill our mission. Formation should be integral and include all the dimensions of the person. SRCF 30§1

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Roadmap

1. CULTIVATE TRUST

- **Listening**
  - Put away distractions and whatever you have going on in your life to be fully present.
  - Be prepared and professional.
  - What is your background like?
  - Keep your notifications off or phone to the side.
  - Beaware of personal presentation (dress well, etc).
- **Virtual Eye Contact**
  - Read the emotions behind what they are saying.
  - Look at them with the gaze of Christ, and also look at the camera (for them this will feel a lot more like direct eye contact than if you look at their image on the screen).
  - What is their temperament and personality?
  - Hear their past experience of ECYD/Regnum Christi.
  - What sets their heart on fire?
  - How have they served?
- **Hearing their Current Reality**
  - What are their goals?
  - What changes are they experiencing and how do they feel about this stage life?
  - Dothey have a spiritual director who is continuing with them?
- **Validating**
  - Their feelings through statements like: "It makes sense you are worried about the upcoming exam." "It sounds like you are feeling frustrated." "I hear you saying this( ) did I get that right?"
  - Their goals and talents. "You are really good at connecting with people." Or "I remember so-and-so said you were amazing during Holy Week Missions." "I can't wait to see what God has planned for you."
  - Their experiences (even if you do not agree or understand). Be aware of your own emotions as you listen - they can be helpful input - but don't let yourself project them onto the student. Seek to understand: "Thank you for telling me about that." "What was that like?"
- **Reflecting**
  - Actively show you are listening by reflecting back. "To make sure I heard you correctly...you said "
  - Sit with them in their experience and emotions, your own facial expressions mirroring theirs.

2. ACCOMPANY THROUGH OUR CHARISM

- **Go**
  - Reach out and make contact. Let them know you are here to accompany them.
  - Be in contact with the person passing them off. Do they have anything to share that will help provide insight and a strong foundation?
- **Gather**
  - Have the first dialogue with the points above.
  - Establish a routine for meeting (once a month, once every two months, etc).
  - If they fall out of contact, reach out with a thoughtful message once a month.
  - Help them connect to other RC members in their area.
  - As things develop, create a WhatsApp group to foster community, formation, encounters and/or missions.
- **Reveal the love of His heart**
  - Keepthem inyour prayers.
  - Ineachmeeting, listen well with the points above.
- **Form them as apostles**
  - Reference the documents that will help guide your coaching in their stage of the journey.
  - Remember the 5 elements and what might be available for them.
  - Help them connect with young adult ministries, RC and otherwise, that run events (FOCUS, CCO, Newman Center Ministry, etc).
  - Send them flyers for events that may help them: SEEK, RC retreats they can attend whilevisiting home, etc. Help them access the right resources for them.
- **Send them out as Christian leaders**
  - Tellthem howthey are being or can be an apostle in this stage in life. Remind themof theirgifts.
- **Accompany them**
  - Through apostolic dialogue as the Holy Spirit launches them into mission, especially in the later stages of college life

3. COMMIT, AND ALSO STAY IN YOUR LIFE COACHING LANE

- **In order to effectively prepare and launch a "magnanimous, enthusiastic and creative heart" (SRCF 10.2)**
- **Life Coaching is not:**
  - Spiritual direction, which is seeking to develop a relationship with God andHis presence in daily life. This is a more contemplative-style conversation. Dialogue with
  - the team leader. These are RC members with no team, at least at the beginning of their college journey. Apostolic dialogue, which is helping someone to engage in the
  - mission. Further into college (year 3 or 4), aspects of apostolic dialogue will often come into play.
- **Life coaching is:**
  - Needed accompaniment where there is no team leader present
  - An RC formator providing accompaniment over a specific period of time, in a particular area of life. In this instance, the goal is helping college students live their RC identity, mission and lifestyle in a holistic way that makes the Kingdom present in their hearts and in the world around them.
  - A mentor providing dialogue and encouragement based on the contemplative and evangelizing aspects of Regnum Christi, including healthy life balance and harmony
  - Gauging where the person is at. Solid RC identity and good formation resources can help you map the terrain, but effective life coaching isn't steady progress along a pre-determined path. It's allowing the Holy Spirit to set the pace, without forging ahead or lagging behind.

4. TAKE ADVANTAGE OF DIGITAL RESOURCES

- **RC Resources for coaches and RC students:**
  - The RC Website **HERE**
  - RC Podcasts **HERE** or in the app
  - The RC App and Prayer Book **HERE**
  - RC Social Media **HERE**
  - RC Online Retreats **HERE**
  - RC Music Collective **HERE**
  - Essays on the RC Charism **HERE** especially **RC Identity** and **The Formation of the Apostle of the Kingdom**