



Brentwood Baptist Mentor Relationships Agreement

Brentwood Baptist seeks to move people toward Christ-likeness through mentor relationships. This agreement for mentoring/coaching is designed to serve as a guideline for the relationship between _____ (Mentor/Coach) and _____ (Mentee/Coachee). As Mentee/Coachee you have requested a Mentor/Coach because you desire growth and change in your life. The mentoring/coaching approach is tailored to each relationship because the path to change is different for each person. The mentoring and coaching relationships at Brentwood Baptist are rooted in our foundational beliefs. We believe that the Holy Spirit serves as a guide in this mentoring/coaching relationship and the Bible provides the roadmap.

What is Coaching and Mentoring?

Coaching

Coaching is a relational process that turns thinking into action. The coachee is the expert in this relationship and the coach's role is to draw out of the coachee information, experiences, and truth. Coaching promotes discovery on the part of the coachee. The coach encourages the coachee while eliciting solutions and strategies that lead to intentional action. The result of coaching is forward action that promotes spiritual growth.

Mentoring

A mentor establishes a relationship with a mentee to share certain specific information, skills, networks and application to assist the mentee in his/her spiritual journey. The result of a mentoring relationship is an apprenticeship that points the mentee to Christ and to spiritual practices that promote Christ-likeness.

How Coaching & Mentoring Differ from Therapy

A coach helps others set goals, create outcomes, and manage personal change. A mentor provides wisdom and guidance based on his or her own experience. A therapist typically helps others deal with healing pain, dysfunction and conflict within an individual or in relationships. In therapy, the focus is often on resolving difficulties arising from the past that hamper an individual's emotional functioning in the present, improving overall psychological functioning, and dealing with the present in more emotionally healthy ways.

Confidentiality and Trust

Throughout the coaching and mentoring relationship, the conversations will likely be direct and personal. You can count on your coach or mentor to be honest and straightforward, asking clarifying questions and making empowering requests. The purpose of the interaction is to hold your focus on your desired outcome and to coach you to stay clear and focused. All information discussed and/or shared during the coaching sessions will be kept strictly confidential (unless required by law). Your willingness to be truthful will be treated with ultimate respect.

Mutual Agreement

The mentee/coachee agrees to engage in the process to increase the opportunity to accomplish the stated objectives. All parties should honor the time set aside by each participant. Appointments should be scheduled at a time that is mutually agreeable and may be rescheduled with 48-hour notice. Missing an appointment without notice is considered a scheduled appointment. Mentor/Coach and Mentee/Coachee agree to discuss any satisfaction or dissatisfaction with the mentoring or coaching relationship in a manner consistent with healthy resolution.

Acceptance of Agreement

The signatures below signify the mutual agreement and understanding of the terms within this agreement.

Mentor/Coach

Mentee/Coachee

Date

Date