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# The Lowedown

An update on the life and ministry of Dave & Jennifer Lowe

## A New Perspective on Coaching

This morning on The Today Show, Tom Brokaw shared a video segment on the latest workplace trend, [WeWork](#), a communal office space, which, not surprisingly, is a trend that is being driven by Millennials.

The Four minute video can be seen [here on Yahoo](#), but it was something Brokaw said in the post-piece discussion with the other Today Show hosts that caught my attention.

He said that *"this [Millennial] generation is changing everything that we have taken for granted over the years. Often they change jobs. Between the ages of 20 and 31, they'll change jobs **SIX** times. They don't want a permanent [work] place."*

In our limited experience in meeting with Millennials, we've found this to be true. The Millennials I know are very transient and seem to be changing jobs or moving frequently.

I can't say for sure what's driving this need and desire for frequent change, but one thing that I can say, is that Millennials are concerned with and often confused about their calling, which may contribute to frequent job changes.

In just the past few weeks, Jen and I have met with several Millennials who've all asked similar questions, such as, "how did you know you wanted to do what you do?" Or, "how do you determine your calling in life?" Or, "how do I know if this career is right for me?"

These life questions are rooted in a deep-seated desire to make a difference in the world. Millennials want to make a positive impact on others yet they often don't see how their job is directly contributing to any positive change.

Part of our vision in working with Millennials is to help them integrate their faith and work, understand God's calling on their life, and learn how to advance God's Kingdom purposes by serving in their community.

A big role we have is that of a coach. But my understanding of what it means to coach others is being challenged through some of the professional learning we've been pursuing.

You see, when I think of a coach, I tend to think of my Little League Coach or my high school wrestling coach. When I think about those coaches, there was a lot of instruction and teaching, which makes sense because those coaching scenarios largely involved skill acquisition.

When I think about coaching Millennials, I tend to think about imparting my wisdom, experience and expertise to those who are less experienced. My tendency, then, is to give advice and suggestions to help others move forward and make decisions.

Jen and I are reading a book that has challenged that thinking somewhat. The book, *The Coach Model*, suggests that the role of a coach (a life coach) is NOT to give advice or make suggestions. Instead, the coach's role is to listen, ask questions and empower others to be equipped to think through and handle situations on their own.



**Brendan Porter moved to Southern California to start a LaCrosse business. God had other plans. Brendan now serves as the South County Director for Fellowship of Christian Athletes (FCA) and is working to impact the lives of high school students like my own twins, Jacob and Joshua.**

The author makes the case that God is already at work in the life of all believers. Though all believers have the Holy Spirit, not all believers listen to His voice and know how to respond well. Coaching integrates a discernment process that empowers others to learn to seek and listen to God's voice in their own discernment process.

In a sense, our job is to help Young Professionals mature spiritually in such a way that they become more and more reflective and dependent on the Holy Spirit as they seek to overcome obstacles and meet the demands of life.

It's a different coaching perspective, but in the end, Young Professionals will be empowered to discern GOD's calling on their life, instead of simply adopting the desires and calling that others may have for them.

Once a person understands their calling and their passion, lives are impacted and communities are transformed. This is our hope and prayer for Orange County.

Please pray with us and for us as we learn new skills and coaching paradigms that will enable us to more effectively minister to Millennials in Orange County and release them to advance God's Kingdom purposes throughout our community!

Love,  
Dave & Jen