Are your relationships marked by grace and truth?

Contributed by Stephe Faust

Are your relationships marked by grace and truth?Picture your relationships— perhaps at work, in your community, or family. Is there trust? Shared vision? Open and honest communication? Freedom to challenge ideas and be challenged without judgment? True appreciation of the diversity that each person brings?

Relationships can take many forms— each with different dynamics— each of us with unique gifts, desires, and expectations. Yet how we choose to use our gifts or satisfy our desires and expectations can either strengthen our relationships or destroy them.

Instead of working together effectively, our habits, assumptions, and lack of trust often get in the way. But community is built on relationship— as we learn to seek and speak the truth with humility and grace.
At begin2know, we bring relationships to life through coaching and dialogue by helping people learn to speak the truth with humility and grace— fostering encouragement, hope, and peace— strengthening individuals, families, organizations, and communities.

What is relational coaching?~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~
improving the quality of interpersonal relationshipsRelational coaching is a conversational process where someone you trust helps you examine the thoughts and motives of your heart, and how the strategies you choose to satisfy your heart's desires and expectations affect your interpersonal relationships.
begin2know offers individual and group coaching for anyone interested in improving the quality of their interpersonal relationships. You and your coach will set up a regular time to meet in person or by phone— usually two or three times per month. Coaching sessions are confidential and typically continue for at least three months to allow time for new relational patterns to form.
Group coaching combines the benefits of individual coaching with periodic group dialogue sessions.
What is dialogue?~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~ • ~
dialogue exercises ideas... which, in turn, inspires innovationDialogue is a conversational process of exploring shared meaning through reflection and collective inquiry. It involves questioning our assumptions and listening to alternate points of view. It suspends judgment in its thirst for understanding, yet doesn't compromise values. Dialogue exercises ideas... which, in turn, inspires innovation.
Because dialogue questions the very heart of our assumptions, it's advisable to have a skilled and impartial facilitator who can act as a coach, guiding participants as they grow together in wisdom and understanding.
Why dialogue?

- trust
- relationship
- community

- inspiration
- innovation
- collaboration

- negotiation
- mediation
- reconciliation

The list goes on...
What are you hearing— or does it go unsaid?

- Who can I trust?
- Why is consensus so difficult?
- These meetings are a waste of time!
- I can't remember the last time I heard any new ideas around here.
- I've been trying to share my ideas, but no one will listen!
- Why are we reinventing the wheel?
- Am I the only one who cares?
- Why can't we get along?
- Life just isn't fair!
- Is it safe to tell the truth? So... Are your relationships marked by grace and truth?If not, call us to schedule a free initial coaching session, and bring your relationships to life.

Stephe Faust, founder of begin2know, has over 25 years experience as a corporate trainer and relational coach. He is a certified professional mediator and holds a master's degree in adult education from the University of Idaho.
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