

ELEVATION LIFE TRANSFORMATION UNIVERSITY



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C.L.E.A.R. COACHING AGENCY:

A Christ-Centered Digital Platform for Spiritual, Personal, and

Professional Growth

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Doctor of Philosophy

Specializing in Christ-Centered Coaching, Leadership, & Change

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ELEVATION LIFE TRANSFORMATION UNIVERSITY



Capstone Project - 2025

C.L.E.A.R. Coaching Agency

What is needed in the world today to assist clients in discovering what is already inside of them as they tap into their God - Given potential!

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I **have no objections** to this capstone being made available for educational purposes to current or future students or the public.

(For the purpose of general editing, compiling, and proofreading the written work, students may utilize AI-assistive rather than AI-generative technologies.)

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Abstract

In an era defined by rapid social change, economic instability, professional burnout, political pressure, and increasing disconnection from spiritual values, Christ-Centered coaching offers a meaningful pathway to spiritual reconnection and holistic development. This approach integrates faith-based principles with evidence-informed coaching practices to support clients in cultivating spiritual, personal, and professional growth.

This capstone project introduces the launch of **C.L.E.A.R. Coaching Agency** on YouTube, a Christ-Centered platform dedicated to fostering spiritual renewal, personal development, and transformational professional growth. Through a faith-informed coaching process, **C.L.E.A.R. Coaching Agency** partners with clients to strengthen spiritual connection, deepen self-awareness, restore personal clarity, and encourage purposeful, Christ-led transformation.

Research indicates a steady decline in religious and spiritual engagement between 2013 and 2023, a trend that continues today. In response, this platform aims to create an environment that encourages individuals to rediscover the benefits of a relationship with Christ and to recognize the God-given potential already within them. The agency will also provide 24/7 access through contact links for inquiries, FAQs, and initiating coaching services for prospective clients.

Acknowledgements

I would like to give the highest praises to **God My Father, Jesus My Savior** and **The Holy Spirit My Comforter**. A heartfelt thank you to all who have contributed to the information and input towards this project. I would like to especially thank the Founder, Director, Professor, Leader and Friend of **Elevation Life Transformation University, Dr. Merle Ray**. Your encouragement, support, direction and guidance through this journey positions me to be forever grateful for your believing in me. **Zachery**, I am most grateful for your continued encouragement, support and love displayed in so many ways. Thank you for being my husband and friend during this journey! I also acknowledge my daughters, **CurTriona and Quintera** for your unwavering support and encouragement. I appreciate your continued belief in me as your Mother. To my **Pastor - Joe Russell**, extended family and friends; thank you for the prayers and understanding during the many times when I couldn't be present at so many events.

As I reflect on this journey, I pause to gracefully acknowledge **my younger self**, and I thank **her** for remaining honorable, honest, dedicated, and obedient to the teachings of God's Word. **Her** unwavering perseverance to never give up, and the quiet strength **she** had to have so many times. Looking back, I recognize how every season, every challenge, and every act of obedience has groomed **her** into the woman **she** is today. Life has delivered its share of hardships and challenges, yet **she** has prevailed through it all. This accomplishment stands as evidence that faith, endurance, and obedience producing fruit in due season. I am deeply proud of the woman I have become and grateful for the journey that has shaped me.

Introduction

In today's rapidly shifting world, individuals face unprecedented levels of emotional strain, professional burnout, social instability, and spiritual disconnection. Economic pressures, political division, and the fast pace of modern responsibilities have left many feeling overwhelmed, uncertain, and detached from the values that once grounded their lives. This environment has heightened the need for support systems that nourish both the inner spiritual life and the practical realities of personal and professional development.

Recent national data reflects this changing landscape. According to the Public Religion Research Institute (PRRI, 2024), the United States has experienced a steady decline in spiritual engagement from 2013 to 2023, a pattern that continues today. This shift not only signals changing beliefs but also reveals a widening gap between individuals and the spiritual relationships, rhythms, and communities that previously offered grounding, resilience, and purpose.

As individuals seek clarity, meaning, and renewed identity, Christ-Centered coaching has emerged as a deeply relevant and restorative approach. Unlike secular coaching models, Christ-Centered coaching integrates biblical truth, spiritual discernment, reflective dialogue, and transformational coaching techniques. This faith-driven methodology recognizes the holistic nature of the person, body, soul, spirit, and purpose and emphasizes partnership with clients in a way that honors their identity in Christ while empowering them to move forward with clarity and courage.

This capstone project introduces the development and the launching of C.L.E.A.R. Coaching Agency on YouTube. The agency will serve as a digital platform faith-driven methodology **C.L.E.A.R.**—*Caring for You, Loving You, Encouraging You, Awareness & Accountability, and Restoration* is a holistic framework grounded in biblical truth and supported by evidence-informed coaching practices. Each component of the model aligns with Scripture and reflects a pathway of transformation grounded in God’s truth.

The model is visually represented in a radial coaching wheel that integrates your brand colors of black, white, gold, and purple, along with Scriptural foundations to support each element:

- Caring for You — *1 Peter 5:7*

Cast all your cares upon Him, for He Cares for you!

- Loving You — *John 13:34*

A new commandment I give you, That ye love one another as I have loved you, that ye love one another.

- Encouraging You — *1 Thessalonians 5:11*

Wherefore comfort yourselves together, and edify one another, even as also ye do.

- Awareness & Accountability — *Psalm 139:23–24*

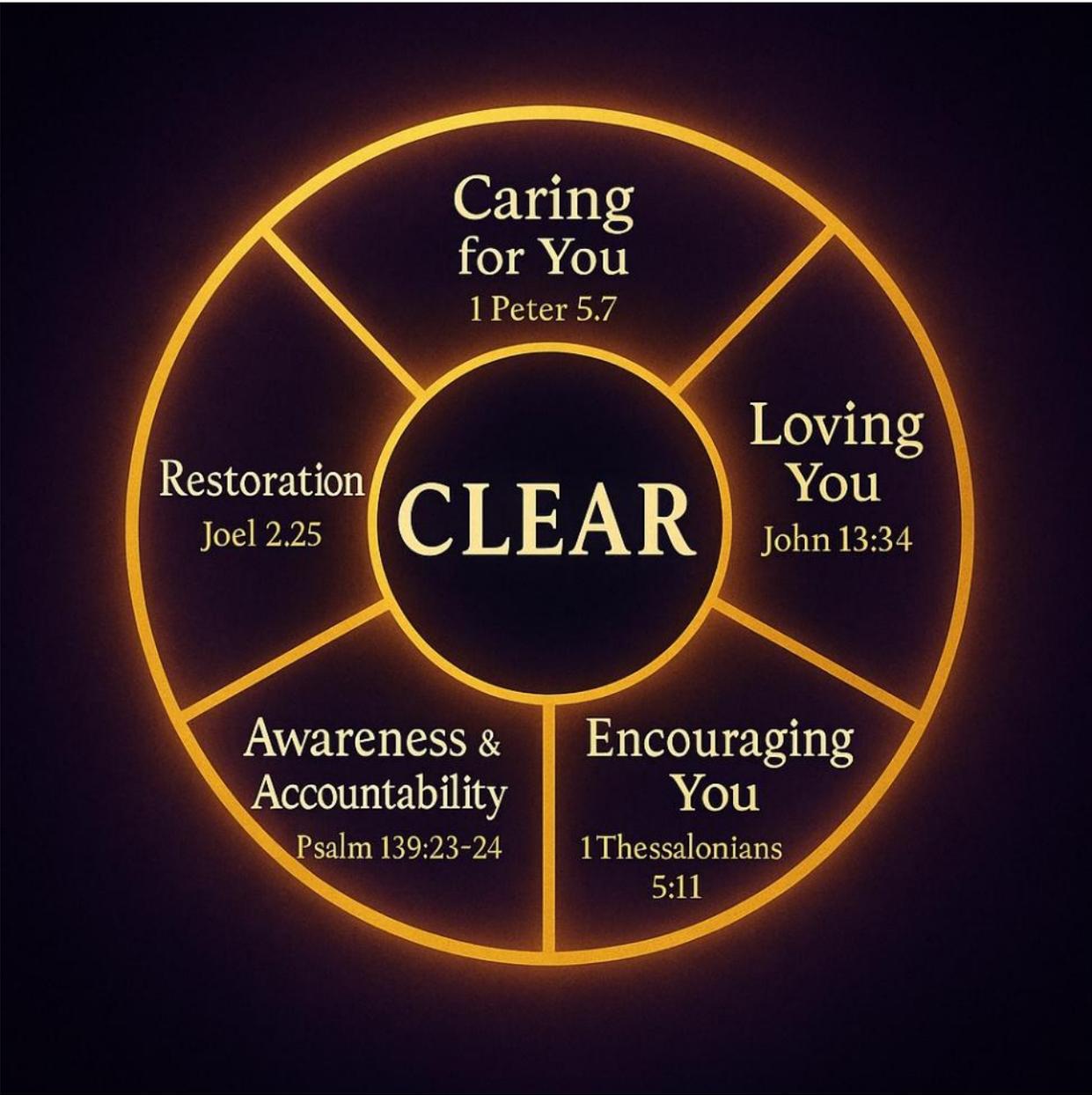
Search me, O God, and know my heart; Try me and know my thoughts: And see if there be any wicked way in me and lead me in the way of everlasting.

- Restoration — *Joel 2:25*

And I will restore you to the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I set among you.

The platform is designed to provide accessible, 24/7 coaching content that integrates faith-based tools, reflective exercises, scriptural meditation, and professional coaching strategies. By leveraging on YouTube, a global, accessible, and highly engaging platform; the **C.L.E.A.R. Coaching Agency** aims to reach individuals across diverse backgrounds and life situations, offering digital discipleship and spiritual support in an era of increasing social and spiritual fragmentation.

The artistic “glow” version of the **C.L.E.A.R. Coaching** wheel further enhances this vision for use on YouTube, social media, presentations, and branding, emphasizing warmth, clarity, and spiritual illumination. This diagram will serve as the conceptual anchor for the coaching approach used throughout the project.



C.L.E.A.R. Model
developed by TaShona M. Jones

Background of the Study

Over the past decade, societal challenges have intensified the need for holistic support systems that address spiritual, emotional, and professional well-being. Rising levels of burnout, anxiety, and identity fragmentation have made it increasingly difficult for individuals to thrive without guidance that considers the whole person. While churches traditionally offer spiritual support, they may not always provide structured pathways for personal development, leadership growth, emotional healing, or accountability. Meanwhile, secular coaching often lacks the faith foundation many believers' desire.

The gap between these two spaces of faith and personal development, this highlights the need for accessible Christ-Centered coaching resources. This project responds to that need through a digital platform that merges professional coaching competencies with biblical principles, reflection, and transformation.

Purpose of the Study

The purpose of this capstone project is to design, develop, and launch the C.L.E.A.R. Coaching Agency on YouTube as a Christ-Centered platform dedicated to spiritual, personal, and professional growth. The study aims to demonstrate how biblical principles, coaching best practices, and digital communication strategies can come together to create a transformative coaching environment that meets the needs of individuals seeking spiritual reconnection, identity clarity, and purposeful living.

Problem Statement

As spiritual engagement declines and societal instability increases, individuals struggle to find accessible, practical, and faith-aligned resources to navigate life's challenges. Many desire guidance that honors their Christian beliefs while addressing areas such as burnout, identity formation, leadership development, emotional well-being, and life transitions. However, most online coaching content is secular, motivational, or self-help oriented, leaving a significant gap for those seeking Christ-Centered transformation.

This project addresses the lack of widely accessible, biblically grounded coaching platforms by launching the **C.L.E.A.R. Coaching Agency** on YouTube.

Significance of the Study

This study is significant for the fields of Christ-Centered coaching, leadership development, spiritual formation, and digital ministry. The **C.L.E.A.R. Coaching Agency** contributes in the following ways:

- **Spiritual Significance:**

Offers a Christ-Centered pathway for individuals to reconnect with God and rediscover their spiritual identity.

- **Educational Significance:**

Expands the body of Christian coaching literature by integrating biblical principles with evidence-informed coaching models.

- **Social Significance:**

Provides accessible coaching support for individuals with limited time, resources, or access to in-person coaching.

- **Technological & Practical Significance:**

Demonstrates the effectiveness of YouTube as a platform for digital ministry, coaching, and 24/7 support.

- **Professional Significance:**

Positions the Christian coach as a digital spiritual leader, capable of guiding global audiences toward personal and spiritual transformation.

LITERATURE REVIEW

Christ-Centered Coaching & Christian Leadership

Christ-Centered coaching is rooted in the belief that personal growth and transformation are most effective when aligned with God's truth and guidance. Blackaby and Blackaby (2011) emphasized that spiritual leadership involves moving individuals onto God's agenda, not merely improving their skills or performance. Their framework reinforces the foundation of **C.L.E.A.R. Coaching**, particularly its focus on awareness, accountability, and restoration as spiritually guided processes.

Blackaby and Royall (2011) further emphasized coaching as a means of helping individuals discern God's heart and purpose in their lives, aligning deeply with CLEAR's mission. Similarly, Collins (2007) established Christian coaching as a faith-integrated process that blends biblical truth with reflective inquiry, presence, and empowerment. Anderson and Reese (1999) added that spiritual mentoring requires discernment, prayerfulness, and invitational dialogue—key behaviors within **C.L.E.A.R. Coaching's** relational and restorative approach.

Clinton and Stanley (1992) highlighted the relational dimension of mentoring as spiritual formation, providing models of accountability, encouragement, and caring support—the “C,” “L,” and “E” of the **C.L.E.A.R.** model. Ortberg (2014) emphasized the care of the soul as foundational to Christian growth, further validating CARE and RESTORATION as essential components of spiritual coaching.

Collectively, these authors establish that Christ-Centered coaching is not a secular technique modified with religious language; it is a **purposeful spiritual practice** rooted in scripture, relational discipleship, and the transformational pattern of Christ Himself.

1. Anderson, K., & Reese, R. (1999). *Spiritual Mentoring: A guide for seeking and giving direction*. InterVarsity Press. *Supports Christian coaching methodology, mentoring, and spiritual discernment.*
2. Clinton, J. R., & Stanley, P. D. (1992). *Connecting: The mentoring relationships you need to succeed in life*. NavPress. *Provides biblical mentoring models aligned with Christ-led coaching.*
3. Collins, G. (2007). *Christian coaching: Helping others turn potential into reality* (2nd ed.). NavPress. *A foundational Christian coaching text—perfect for grounding CLEAR in established faith-based coaching theory.*
4. Blackaby, H., & Blackaby, R. (2011). *Spiritual leadership: Moving people on to God's agenda* (Rev. ed.). B&H Publishing. *Frames leadership as alignment with God's purpose—essential for CLEAR's spiritual authority. This companion book strengthens theological leadership foundations.*
5. Willard, D. (2002). *Renovation of the heart: Putting on the character of Christ*. NavPress. *Critical source for inner transformation, restoration, and spiritual formation (CLEAR's "R").*
6. Ortberg, J. (2014). *Soul keeping: Caring for the most important part of you*. Zondervan. *Supports emotional/spiritual self-care, identity, and inner healing.*

7. MacDonald, G. (2004). *Restoring your spiritual passion*. Thomas Nelson. *Great for your Restoration pillar—reigniting spiritual awareness and purpose.*

Coaching Theory, ICF Competencies & Professional Development

While **C.L.E.A.R. Coaching** is distinctly Christ-Centered, it is also grounded in professional coaching theory. The International Coaching Federation (ICF, 2021) outlines eight Core Competencies including maintaining presence, active listening, evoking awareness, and cultivating trust and safety. These competencies parallel biblical principles of encouragement, accountability, and restoration.

Rogers (2012) and Whitmore (2017) offered foundational models of performance-based and growth-oriented coaching, emphasizing self-awareness, discovery, and sustainable change. Grant (2017) demonstrated that solution-focused coaching can be effectively applied in digital environments, supporting **C.L.E.A.R.**'s virtual coaching strategy.

Cox, Bachkirova, and Clutterbuck (2014) emphasized coaching psychology as a discipline relying on reflective practice, adult learning theory, and developmental frameworks. Their work provides support for **C.L.E.A.R.**'s incorporation of Awareness and Accountability as pillars of transformational change.

Silsbee (2010) contributed to the field with his exploration of mindful presence in coaching. His insights strengthen the **C.L.E.A.R.** model's emphasis on deep listening and spiritual openness.

Together, these professional sources ensure that **C.L.E.A.R. Coaching** maintains academic rigor, aligns with professional coaching standards, and demonstrates competency-based ethical practice.

8. ICF (2021). *ICF core competencies*. International Coaching Federation. *Essential for aligning CLEAR with industry standards and professional coaching language.*
9. Cox, E., Bachkirova, T., & Clutterbuck, D. (2014). *The complete handbook of coaching* (2nd ed.). Sage. *Academic credibility—evidence-informed coaching foundations.*
10. Rogers, J. (2012). *Coaching skills: The definitive guide to being a coach* (3rd ed.). McGraw-Hill. *Aligns CLEAR with reflective questioning, presence, and partnership skills.*
11. Whitmore, J. (2017). *Coaching for performance* (5th ed.). Nicholas Brealey. *Links CLEAR to the GROW model, performance, and transformational coaching strategies.*
12. Passmore, J. (Ed.). (2021). *Becoming a coach: The essential ICF guide*. Springer. *Professional, research-based perspective on coaching competencies.*
13. Silsbee, D. (2010). *The mindful coach: Seven roles for helping people grow*. Wiley. *Supports Awareness and Accountability through mindfulness and presence.*

Spiritual Formation, Biblical Identity & Christian Counseling

Christian spiritual formation is central to **C.L.E.A.R. Coaching**'s emphasis on awareness and restoration. Willard (2002) described spiritual formation as the process of becoming more like Christ through intentional transformation of the heart. Foster (1998) similarly framed spiritual disciplines as pathways to inner renewal.

Scazzero (2014) argued that emotional maturity is inseparable from spiritual maturity, reinforcing CLEAR's commitment to integrated development of the spirit, mind, and emotions. Benner (2015) emphasized the sacred journey of self-discovery as a process of awakening to one's identity in Christ, connecting directly to **C.L.E.A.R.**'s emphasis on Awareness and Accountability.

MacDonald (2004) discussed the restoration of passion and spiritual vitality, a theme that aligns with the **C.L.E.A.R.** model's focus on helping clients return to alignment with God's purpose. Cloud and Townsend (1992) introduced the concept of healthy boundaries, which CLEAR applies in promoting accountability, empowerment, and healthy relational patterns.

These works collectively offer a robust theological and psychological basis for **C.L.E.A.R.**'s integrative approach to inner healing, growth, and spiritual identity.

14. Scazzero, P. (2014). *Emotionally healthy spirituality: It's impossible to be spiritually mature while remaining emotionally immature*. Zondervan. *Perfect for C.L.E.A.R.'s holistic transformation focus.*
15. Foster, R. (1998). *Celebration of discipline: The path to spiritual growth*. HarperCollins. *A seminal work on spiritual practices—supports C.L.E.A.R.'s spiritual reconnection goals.*
16. Cloud, H., & Townsend, J. (1992). *Boundaries: When to say yes, how to say no to take control of your life*. Zondervan. *Excellent for Accountability and personal restoration structures.*
17. Benner, D. G. (2015). *The gift of being yourself: The sacred call to self-discovery*. IVP. *Supports identity clarity, awareness, and spiritual discovery.*
18. Crabb, L. (1999). *The safest place on earth: Where people connect and are transformed*. Thomas Nelson. *Biblically grounded healing relationships—aligns with Caring, Loving, and Encouraging.*

Digital Ministry, Online Church, Virtual Discipleship

The rise of digital platforms for spiritual engagement has expanded ministry opportunities worldwide. Campbell (2013) introduced the concept of “digital religion,” revealing how individuals form spiritual meaning through online interactions. Hutchings (2017) examined how online communities replicate ritual, fellowship, and discipleship in virtual spaces—supporting **C.L.E.A.R.**’s YouTube based model.

Anderson (2020) discussed how discipleship is increasingly shaped through digital media, while Sweet (2012) explored how social networking can catalyze spiritual revival. Cheong et al. (2012) analyzed religious identity formation through social media, affirming the relevance of **C.L.E.A.R.**’s digital outreach.

In the coaching domain, Brito (2021) provided research on virtual coaching psychology, demonstrating that accountability and presence can be cultivated digitally. Passmore (2021) and Salmon (2013) offered frameworks for online engagement and digital learning that support **C.L.E.A.R.**’s 24/7 online visibility and instruction.

Meacham (2019) argued that the digital age is reshaping how people explore faith and seek spiritual connection, further validating **C.L.E.A.R.**’s digital delivery model.

These sources collectively affirm that **C.L.E.A.R. Coaching Agency**’s design: Christ-Centered, coaching-based, digitally accessible—is not only viable but aligned with current trends in ministry, technology, and personal development.

19. Campbell, H. A. (2013). *Digital religion: Understanding religious practice in new media worlds*. Routledge. *Establishes how faith communities engage spiritually through digital platforms.*
20. Hutchings, T. (2017). *Creating Church Online: Ritual, community and new media*. Routledge. *Explores how online platforms foster spiritual community and ritual engagement.*
21. Anderson, T. (2020). *The digital disciple: How faith is formed in a wired world*. IVP Books. *Supports your YouTube strategy by showing how digital spaces shape spiritual formation.*
22. Cheong, P. H., Fischer-Nielsen, T., Gelfgren, S., & Ess, C. (Eds.). (2012). *Digital religion, social media and culture: Perspectives, practices and futures*. Peter Lang. *Provides insight into Christian identity and engagement on social media.*

Christian Leadership & Technology Integration

23. Stanley, A., & Jones, L. (2018). *Deep & Wide: Creating churches unchurched people love to attend*. Zondervan. *Examines digital outreach strategies and cultural relevance in ministry.*
24. Sweet, L. (2012). *Viral: How social networking is poised to ignite revival*. WaterBrook Press. *Faith-based exploration of how digital media can spark spiritual awakening.*
25. Meacham, J. (2019). *The future of faith in the digital age*. FaithWords. *Discusses the shift toward online spiritual exploration and digital discipleship.*

Online Coaching, E-Learning & Technology-Assisted Transformation

26. Salmon, G. (2013). *E-tivities: The key to active online learning* (2nd ed.). Routledge. *Offers frameworks for online engagement — useful for C.L.E.A.R. digital coaching sessions.*
27. Brito, R. (2021). *Virtual coaching and the psychology of digital transformation*. *Journal of Coaching Research*, 14(2), 45–60. *Explores how coaching presence and awareness transfer effectively into virtual spaces.*
28. Grant, A. M. (2017). *Solution-focused coaching in a virtual world*. *Coaching Psychology Review*, 12(1), 15–28. *Supports how evidence-based coaching techniques translate across digital platforms.*

METHODOLOGY

This chapter outlines the methodological approach used to design, develop, and evaluate the **C.L.E.A.R. Coaching Agency** as a Christ-Centered digital coaching platform. A qualitative, project-based methodology was selected because it aligns with the goal of synthesizing biblical principles, coaching theory, and digital ministry strategies for the purpose of constructing a spiritually grounded coaching model accessible through YouTube. This methodology also supports reflective inquiry, theological integration, conceptual development, and practical implementation of a digital coaching model without the need for human subject research or IRB approval.

Research Design

This project employs a qualitative, project-based research design, which is commonly used in ministry, leadership, and coaching studies where the aim is the development of a model, framework, or program rather than collection of traditional empirical data. This design is appropriate because the project:

- Synthesizes theological, spiritual formation, and coaching literature
- Applies coaching and ministry frameworks to real-world digital contexts
- Develops the **C.L.E.A.R. Coaching Agency** as a practical, ministry-based digital resource
- Uses reflective and analytical evaluation criteria rather than statistical measures

The qualitative approach emphasizes meaning-making, interpretation, and conceptual clarity; all essential to the development of a Christ-Centered, spiritually restorative coaching platform.

The C.L.E.A.R. Coaching Conceptual Framework

The methodology is grounded in the **C.L.E.A.R. Coaching Model**, consisting of:

- Caring for You (1 Peter 5:7)
- Loving You (John 13:34)
- Encouraging You (1 Thess. 5:11)
- Awareness & Accountability (Psalm 139:23–24)
- Restoration (Joel 2:25)

This framework provides the spiritual and relational backbone of the project and informs the structure, content, and coaching philosophy behind the YouTube coaching platform. The methodological design integrates this model with professional coaching competencies (ICF, 2021) and spiritual formation principles (Willard, Foster, Scazzero).

The conceptual framework shapes:

- The content created for YouTube
- The coaching posture and presence
- The visual and narrative branding
- The platform's theological and ethical integrity
- The evaluation measures for determining project success

Data Sources

Because this is a qualitative project-based capstone, “data” refers primarily to:

A. Scriptural Foundations

Biblical texts grounding the **C.L.E.A.R.** model's five pillars.

B. Scholarly Literature

Twenty-eight sources across:

- Christian Coaching
- Spiritual Formation
- Leadership
- Professional Coaching
- Digital Ministry
- Virtual Coaching

C. Digital Ministry Research

Current scholarship on faith engagement in online spaces.

D. YouTube Platform Analytics (Non-Human Subject)

If desired, additional observational metrics will be captured, such as:

- Video Engagement
- Viewer Retention
- Subscriber Interactions
- Comment Themes

(These remain aggregate, non-identifiable, and exempt from human subjects' research)

Project Development Procedures

The development of the **C.L.E.A.R. Coaching Agency** followed a structured multi-stage process:

Stage 1 — Foundational Research

- Review of Biblical Texts, Coaching Literature, and Digital Ministry Sources
- Clarification of Spiritual identity, Purpose, and Mission

Stage 2 — Conceptual Design

- Formation of the **C.L.E.A.R.** Model
- Creation of the Theological and Coaching Framework
- Articulation of the Agency's Brand, Voice, and Spiritual Goals

Stage 3 — Content Development

- Writing Scripts and Coaching Prompts
- Designing Diagrams (Enhanced Radial Wheel, Glow Version)
- Creating Platform Visuals and Brand Assets

Stage 4 — Platform Implementation

- Setting up YouTube Channel
- Uploading Branding Elements
- Establishing Playlists, Categories, and Links for 24/7 Contact

Stage 5 — Engagement Strategy

- Determining Posting Schedule
- Creating Introductory Content
- Integrating Scripture-Based Coaching Questions
- Connecting Contact Forms for Follow-Up Coaching
- Ongoing Evaluation & Improvements

Evaluation Plan

Evaluation Focuses on Two Types of Qualitative Indicators:

- Theological
- Coaching Integrity Measures

Theological indicators assess whether the platform remains aligned with:

- Biblical Theology
- Christ-Centered coaching values
- ICF Core Competencies
- **C.L.E.A.R.** Spiritual Framework
- Professional Ethical Standards

This includes self-evaluation, ministry mentor review, or academic assessment by faculty.

Coaching integrity measures taken into consideration may include any or all the following:

- Digital Engagement Indicators
 - (NO human subjects research — fully allowed)
- Evaluation of platform effectiveness includes:
 - Video Engagement and Watch-Time
 - Likes, Shares, and Comments
- Subscription Growth
 - Viewer Feedback Patterns
 - Clarity and Spiritual Impact of Content
 - Message Alignment with Christ-Centered Coaching Principles

These indicators provide insight into how well the **C.L.E.A.R. Coaching Agency** reaches, engages, and supports individuals seeking spiritual restoration.

Ethical Considerations

Although this project does not involve direct human subjects research, integrity remains critical. Ethical considerations include:

- Maintaining Confidentiality when Responding to Viewers
- Ensuring All Coaching Content Aligns with Scripture
- Following ICF Ethical Guidelines

- Avoiding Clinical or Therapeutic Claims
- Presenting Christ-Centered Principles with Theological Accuracy
- Encouraging Personal Spiritual Reflection rather than Prescribing formulaic solutions

The **C.L.E.A.R.** model emphasizes care, compassion, accountability, and restoration as reflections of Christ's character.

Limitations

Key limitations of this project include:

- No Direct Client Interviews or Quantitative Data
- YouTube Analytics cannot fully Measure Spiritual Impact
- The Platform's Early Stage may Produce Limited Engagement Initially
- Absence of Face-to-Face Relational Coaching in Early Phases
- Theological Interpretation may vary Among Different Christian Traditions

These limitations are typical and acceptable within qualitative, project-based ministry research.

PROJECT DESCRIPTION

This chapter provides a detailed description of the **C.L.E.A.R. Coaching Agency**, including its mission, conceptual foundations, digital delivery format, and theological alignment. The **C.L.E.A.R.** model; Caring, Loving, Encouraging, Awareness & Accountability, and Restoration, forms the spiritual and practical backbone of the agency's Christ-Centered coaching approach. This project is designed to develop an implementation plan to launch a YouTube-based coaching platform that provides accessible, faith-informed coaching content for individuals seeking spiritual renewal, personal clarity, emotional growth, and transformational development.

Overview of the C.L.E.A.R. Coaching Agency

The **C.L.E.A.R. Coaching Agency** is a Christ-Centered digital coaching initiative created to offer spiritual, personal, and professional guidance using biblical principles, reflective coaching strategies, and evidence-informed practices. The agency is grounded in the belief that every individual has God-given potential and that spiritual reconnection is essential for holistic transformation.

Mission Statement

To inspire spiritual clarity, cultivate emotional and professional growth, and restore purposeful living through Christ-Centered Coaching grounded in biblical truth.

Target Audience

- Individuals seeking spiritual reconnection
- Those struggling to hear God’s voice or discern purpose
- Christians experiencing burnout or identity confusion
- Believers seeking accountability, discipleship, and personal development
- Christians who prefer accessible digital coaching formats

Platform Structure

The YouTube channel will include:

- Short - Form Devotional Reflections
- Teachings on the **C.L.E.A.R.** Model
- Testimony-Style Reflections (*optional for future expansion*)

Why C.L.E.A.R. Coaching Matters

As a PhD student at Elevation Life Transformation University (ELTU) *The University of Christ-Centered Coaching, Leadership, and Change*, C.L.E.A.R. Coaching came to be when I was in thought one day after class. I was so excited at so much had touched me about why *real* coaching is necessary. I thought to myself, “*This is so good, when I become a coach, how could my coaching impact someone and change their thoughts on how they see their own personal potential & gifts.*”

I have always been an encourager and wanted people to do their best, so coaching stuck easily with me as I understood more about it. I hadn’t come up with a name yet;

however, I knew in my heart that I wanted to reach people, help them, care for them while loving them as they see their Godly Potential and remind them that all they needed was inside of them. I believe with everything in me; God has gifted all of us with all we need to overcome anything! This awareness stirred something in me, a desire to walk with people, not ahead of them but with them and toward clarity, restoration and integrity.

I grew up as a Christian and have been in Church all my life. I've seen how "spiritual language" can sometimes mask deep fatigue instead of healing it. I have seen people (many that I am very close to) go through things, have experiences, lose a job, lose loved ones and in the end feel so defeated it was as if they could never get back up again. I witnessed faithful people carry heavy questions quietly, often believing they had to figure things out alone. By giving birth to C.L.E.A.R. Coaching, I can create a space where faith, healing, and clarity could coexist without pressure or judgement.

A Ministry Beyond the Church Walls

C.L.E.A.R. Coaching as a *Ministry* will open doors and allow people to be in a place of comfort when they may need to tap in and have a conversation without focusing on a pulpit, programs, or pews, involved as the normal process. As a coach, I will walk alongside them and beyond while not operating as the Church in an as usual manner. Each client will be met where they are and in a sacred space of a one-on-one environment.

Matthew 18:15:

"If thy brother shall trespass against thee, go and tell him about his fault between thee and him alone."

In the Church, many times this scripture is taken literally, and people recite or reference it to their benefit. I have known ‘*Church People*’ take another person with them and go to address someone with an issue or concern and it was as if the individual were being as we say ‘double-teamed’ and they weren’t truly heard or allowed to defend themselves. I know that Church Hurt is a real thing and many have left the Church because of these types of actions.

This is why I am excited that C.L.E.A.R. Coaching ministry will extend beyond the traditional Church settings. While I deeply value the role of the Church and what it represents, I have come to recognize coaching as a space where people can engage their faith more personally, through reflection, conversation, while remaining in a Christ-Centered presence. This ministry will allow me to walk alongside individuals in seasons where they may not yet feel ready for ‘Church as Usual,’ but are still deeply seeking clarity, healing, and God’s guidance. The Church is my foundation, and I will never leave that; yet I have learned that Christ-Centered Coaching is an avenue that can be a part of my Christian journey as well in the manner of being a vessel to help people know or be reminded of our Father’s Grace and Love for them.

Lifestyle Changes Since Coaching

My lifestyle has changed in many ways since becoming a Christ-Centered Coach. As each day passes, I recognize that I am more aware of conversations, and I look at each one as being a coaching opportunity. I have noticed that my thought patterns are different, I listen differently, I recognize emotional triggers. I understand that as time passes, some changes

will be gradual, some sustainable and some will be personal. That being, my prayer life is more intentional, I am developing a more intentional listening and stillness when in praying and my self-awareness is increased.

I have recognized that as I am in worship, my emotional appreciativeness is different. I say, *“Look at what the Lord has done.”* as it has a different meaning for me now! I now even more have intentional-decision making and make value-aligned choices asking myself, *“How can this be beneficial to my future.”* I now have a renewed sense of purpose as a Christ-Centered coach and have meaning goals and a clearer sense of direction.

An Impact on Those Whom I Have Been Assigned

I have been informed that coaching has been a great influence on those whom I am around and care about. My husband has noticed a changed in my communication as well as how I address certain situations. He stated that I am more of a listener and I am quieter before I speak or respond. I have also been informed from two people whom I've have coaching sessions, that it has made a great difference in their thought process and has helped them to plan where they were not clear at first.

This is profound to me as noticing a change or difference (especially a positive one) is an awesome thing. I see where and how coaching has made a difference in lives which I have touched.

Coaching Impact on the Church & Community In the Future

I believe that the Church can be impacted by Coaching in the future. If this approach is adopted, people could deepen their spiritual transformation; it could strengthen leadership and help parishioners get past the believing of ‘what the pastor or church says is the only truth.’ They would be able to understand that coaching is not intended to replace ministry; yet it would complement the Church’s mission on helping people to understand what the Word of God says about their gifts, potential and tapping in.

The Church has always excelled at teaching biblical truth; however, coaching can bridge the gap between knowing what the Word says and living it out. This can also create a space within the community for those who may not be ready to ‘come to the Church (brick & mortar)’. As I have experienced many times during our Outreach Ministry or our Food Pantry Ministry, people are hurting yet they will suppress or hide their pain to not be judged. If Coaching is a part of the Church’s Outreach Ministry, I believe that many more people could be transformed and find their destiny.

C.L.E.A.R. Coaching - The Movement

As this journey has just begun, I have not fully envisioned **C.L.E.A.R. Coaching** as a movement. however, what I do know I will continue to meet God at His feet, and I am committed to remaining prayerful and attentive to God’s leading, allowing the work to unfold in His timing rather than my own. If **C.L.E.A.R.** is meant to grow beyond the message, I trust that He will bring clarity, and I know this will come through obedience and discernment.

The C.L.E.A.R. Coaching Model

C – *Caring for You*

1 Peter 5:7, this component reflects God’s compassionate nature and the coaching posture of emotional presence.

L – *Loving You*

John 13:34, it emphasizes Christ-like love, empathy, and relational warmth.

E – *Encouraging You*

1 Thessalonians 5:11 undergirds this pillar, focusing on motivation, hope, and spiritual strengthening.

A – *Awareness & Accountability*

Psalms 139:23–24 provides the foundation for inner reflection and responsibility guided by the Holy Spirit.

R – *Restoration*

Joel 2:25 anchors the promise of restoration, recovery, and renewal.

The **C.L.E.A.R.** model visibly appears in:

- Your Enhanced Radial Wheel Diagram
- Glow Version Diagram used for YouTube Branding
- Chapter visuals and appendices

IMPLEMENTATION PLAN

The implementation plan details the steps taken to design, launch, and sustain the **C.L.E.A.R. Coaching Agency** YouTube platform. This plan includes technology setup, content development, branding, scheduling, and long-term maintenance.

Timeline for Development

Phase 1 — Research & Conceptualization (Months 1–2)

- Literature review completed
- Scriptural foundations identified
- **C.L.E.A.R.** model finalized
- Brand colors and themes (black, gold, purple, white) selected
- Visual diagram creation

Phase 2 — Platform Setup (Months 2–3)

- YouTube channel creation
- Banner and icon design
- “About” page completed
- Contact links established (24/7 inquiry option)

Phase 3 — Content Development (Months 3–5)

(Sample shown below. Full Scripts are contained in Appendix B.)

- **Introductory Video Script**

Hello and Welcome,

I am **TaShona Jones**, founder of **C.L.E.A.R. Coaching**; I am glad you found your way here.

Before moving forward, I would like to greet you in grace and share what **C.L.E.A.R. Coaching** is about and represents. This Coaching Agency wasn't created because everything was perfect. It was created because I kept seeing people who loved God; yet they were tired. Faithful, but overwhelmed, strong, but needing space to breathe. And honestly; at a certain point in my life, some of those seasons were mine also. If life feels heavy right now, if you've been carrying a lot quietly, or if you feel a little disconnected from yourself, from direction, or even from God; you're in the right place!

C.L.E.A.R. is a Christ-Centered Coaching space; not a place to perform, fix yourself, or have it all together. Yet, this is a place to slow down and be honest.

The name **C.L.E.A.R.** isn't just an acronym, it is a way for us to walk together in your transformation journey!

It begins with **Caring for You** — Because you matter more than your productivity or your past.

It continues with **Loving You** — The kind of love Christ shows us: patient, steady and full of grace.

There's **Encouragement** here — Especially when you know what you should do, yet you feel unsure on how to navigate and move forward.

Then there's **Awareness and Accountability** — Not pressure, but gentle truth. The kind that invites transformation, growth, not guilt.

And always... **Restoration** — Because God is still restoring things we thought were broken beyond repair.

At **C.L.E.A.R.**, biblical truth is brought together with faith-informed coaching to help you reconnect with God and move forward with intention. This channel will offer encouragement, reflection, coaching conversations, and practical tools; all centered on Christ. This isn't therapy, this isn't judgment, this is coaching - rooted in *faith*, shaped in *grace*, and grounded in a *trusting relationship*.

So, wherever you are today, I invite you to take a breath and allow this to be a safe place to begin again with **C.L.E. A.R.** Coaching. Let your transformation begin!!!

- **C.L.E.A.R. Model Teaching**

C - The teaching begins with care. You will be reminded that you matter to God, no matter your story, God will hear you.

L - This pillar focuses on receiving and extending love, growth flows best from love, not pressure or condemnation.

E - Encouragement tells you that God has placed in you all you need. We won't ignore challenges; it reminds us that God is always with us.

A - This area of teaching gently moves into reflection and responsibility. Awareness brings clarity, and accountability supports growth without shame.

R - Restoration is the heart of the **C.L.E.A.R.** Model, nothing is wasted and nothing is beyond God's restoring work; you'll move forward with clarity and faith.

- **Short Form Devotional Reflections**

- **You Can Start Again Today** (*Hope + Renewal*)

If yesterday was heavy, if mistakes linger, if regret whispers, grace invites you into today. New means now, new means today.

You are not defined by yesterday. You are held in God's mercy right now.

Lamentations 3:22 - 23 *"It is of the Lord's mercies that we are not consumed, because His compassions faileth not. They are new every morning, great is thy faithfulness."*

- **You Are Not Behind** (*Restoration + Identity*)

If it seems you've been feeling behind in life, behind spiritually, behind where you thought you'd be today; I want to remind you.

God is never rushed, your season is not late, it is layered.

Nothing about your journey is wasted. God knows exactly where you are and Grace will meet you there.

Ecclesiastes 3:1-8 - tells us, *"There is a time for everything."*

- **God Hasn't Left the Conversation** (*Awareness + Reassurance*)

If it feels quiet, if you've been praying and wondering where God is.

Silence doesn't mean absence. Sometimes God is inviting us to slow down, to listen differently and to notice what we may have rushed past.

Stillness is not empty, it's sacred and God is still speaking.

Psalms 46:10 - *"Be still and know that I am God."*

Phase 4 — Launch (Month 6)

- Upload Introductory and first 3 – 5 videos
- Monitor feedback and analytics

Phase 5 — Ongoing Maintenance (Month 7 and beyond)

- Weekly content posting and engagement monitoring
- Future expansion into coaching packages or online courses

Technology & Production Requirements

- Camera or Smartphone with HD capability
- Ring light or soft lighting box
- Basic microphone or lapel mic
- Editing software (iMovie, Cap Cut, Canva, Adobe Express)
- Canva for thumbnail creation
- YouTube Studio for analytics and channel management

Content Strategy

Each video will follow a consistent structure:

1. Scripture Anchoring
2. CLEAR Principal Teaching
3. Coaching Questions for Reflection
4. Practical Life Application
5. Invitation to Connect for Coaching

This ensures theological integrity, coaching alignment, and spiritual impact.

EVALUATION & OUTCOMES

Evaluation of the **C.L.E.A.R. Coaching Agency** is conducted through both theological-coaching integrity measures and non-human-subject digital engagement indicators.

Theological & Coaching Integrity Evaluation

Criteria include:

- Alignment with Scripture
- Faithfulness to Christ-Centered coaching values
- Adherence to ICF competencies
- Consistency with **C.L.E.A.R.** model principles
- Ethical language and boundaries

Evaluation occurs through:

- Personal reflection
- Faculty or mentor review
- Peer or ministry leader feedback

Digital Engagement Evaluation

Because this project does not involve human research, evaluation focuses on aggregate analytics.

YouTube Metrics

Views per video, average watch-time, audience retention, likes, comments, shares, subscriber growth, searchability performance.

Qualitative Indicators

- Viewer Comments
- Prayer Requests
- Coaching Inquiries
- Patterns in Viewer Needs

These outcomes provide insight into **C.L.E.A.R.**'s reach and spiritual impact.

Expected Outcomes

- Increased awareness after engaging in Christ-Centered Coaching
- Greater spiritual reconnection among viewers
- Gradual platform growth through consistent content
- Expanded coaching inquiries through contact links
- Integration of **C.L.E.A.R.** model into viewers' spiritual practices

DISCUSSION

The discussion synthesizes project findings, evaluates how the **C.L.E.A.R. Coaching Agency** aligns with scholarly and biblical foundations, and reflects on the implications of digital ministry within coaching.

The project demonstrates that integrating theology, coaching principles, and digital delivery is both feasible and effective for modern spiritual formation. Literature shows strong support for online ministry engagement, and **C.L.E.A.R.**'s framework successfully merges scripture with coaching theory.

The project also highlights the significance of digital platforms in reaching individuals who may not participate in traditional church settings, offering Christ-Centered support that is accessible, compassionate, and transformative.

CONCLUSION

This project culminates in the successful design and initial launch of the **C.L.E.A.R. Coaching Agency** on YouTube. It integrates biblical truth, professional coaching competencies, spiritual formation literature, and digital media strategies into a cohesive, Christ-Centered coaching initiative.

The **C.L.E.A.R.** model offers a spiritually grounded pathway for individuals seeking to restore connection with God, discover identity, overcome challenges, and pursue personal transformation.

The YouTube platform ensures accessibility, global reach, and 24/7 visibility—fulfilling the mission of providing continuous support and encouragement grounded in Christ.

Future directions include:

- Development of coaching packages
- Online discipleship cohorts
- Devotional guides
- Workshops and webinars
- Potential mobile app integration

Professional Bio



TaShona Jones is a Christ-Centered leader whose life and work reflect a deep integration of faith, professional excellence, and relational leadership. Her journey represents a steady commitment to serving others with integrity, compassion, and clarity, both within faith communities and professional environments.

At the heart of TaShona's leadership is a belief that personal transformation and sustainable growth occur when individuals are given space to be seen, heard, and guided with intention. This conviction has been shaped through decades of Spiritual Formation, Ministry Service, Academic Preparation, and Professional Experience, all of which uniquely position her to lead C.L.E.A.R. Coaching Agency.

TaShona's spiritual development began early in life. She was baptized at the age of eight at Greater Jerusalem Missionary Baptist Church in Houston, Texas, where she continues to worship and serve faithfully. Over the years, her spiritual formation has been nurtured through consistent church membership, discipleship training, and servant leadership under seasoned Pastoral guidance.

Rather than seeking prominence or platform, TaShona has embodied a ministry rooted in being present. Her service has included roles such as Prayer Warrior, Women's

Ministry Leader & Teacher, Sunday School Teacher, Evangelism Team Member, Outreach Worker, Food Pantry Ministry Counselor, Choir Member, and Sick & Shut-In Visitation participant.

These roles reflect a theology lived out in practice, ministry expressed through care, listening, and faithfulness rather than title or recognition.

Scriptures such as ***Romans 12:2, II Chronicles 7:14, and Jeremiah 29:11*** anchor and serve as guiding principles for her life and leadership, emphasizing renewal of the mind, humility before God, and trust in divine purpose. These biblical foundations inform her understanding of leadership as a sacred responsibility and transformation as a collaborative journey with God.

TaShona's academic journey complements her spiritual foundation. She earned both her Bachelor of Science and Master of Science in Christ-Centered Leadership, Coaching, and Change from Elevation Life Transformation University (ELTU). She is currently completing her Doctor of Philosophy specializing in Christ-Centered Coaching, Leadership, and Change.

Her scholarly work has deepened her understanding of leadership theory, coaching methodology, organizational change, and spiritual formation, all through a Christ-Centered lens. As a scholar-practitioner, TaShona engages theory not as an abstract concept, but as a tool for meaningful application, reflective practice, and faithful leadership. This academic

preparation strengthens her ability to articulate, evaluate, and implement coaching practices that honor both biblical principles and evidence-informed frameworks.

In addition to her ministry and academic background, TaShona brings more than thirty years of professional experience in Human Resources. Her career has spanned roles involving employee relations, benefits administration, payroll management, compliance, leave administration, organizational change, and workforce planning.

Throughout her professional journey, TaShona has consistently served as a trusted liaison between employees and leadership, known for her ability to balance accountability with empathy. She has led large-scale initiatives, including workforce transitions, process improvements, audits resulting in significant cost savings, and the implementation of systems that improve organizational efficiency and employee experience.

Her technical expertise includes extensive experience with SAP HR systems and enterprise workforce platforms, as well as advanced proficiency in Microsoft business tools. These skills equip her to understand the complexities of leadership, decision-making, and identity within high demand professional environments.

Importantly, TaShona's professional experience has deepened her awareness of how burnout, misalignment, and lack of support affect individuals beyond the workplace, often impacting their spiritual, emotional, and relational well-being. This insight directly informs her coaching approach.

TaShona's leadership is defined not by separation of faith and profession, but by their integration. Her life reflects a consistent thread: a desire to walk alongside individuals navigating change, uncertainty, or fatigue; whether in church, at work, or in personal life.

She understands both the visible and hidden pressures individuals carry. As a result, she leads with humility, discernment, and care, emphasizing presence over performance and transformation over productivity.

C.L.E.A.R. Coaching Agency emerged as a natural expression of this integrated calling. It represents a space where spiritual formation, personal awareness, and intentional growth intersect; guided by faith, ethics, and compassion.

TaShona Jones is uniquely positioned to lead **C.L.E.A.R. Coaching Agency** because she embodies the very principles it teaches. Her life reflects caring presence, loving engagement, encouragement, reflective awareness, responsible accountability, and belief in restoration through Christ.

As a leader, she brings: Depth of Spiritual Maturity, Academic Rigor and Reflective Practice, Professional Credibility and Systems Awareness, a Listening-Centered Coaching Posture and a Restoration-Focused Vision Aligned with Scripture.

Her leadership reflects a commitment to obedience, integrity, and faithful stewardship qualities essential for shaping a Christ-Centered coaching framework intended to serve individuals holistically.

APPENDICES

Appendix A — Visual Diagrams

- C.L.E.A.R. Model Glow Version Wheel

Appendix B — 8-Week YouTube Live Implementation

- **C.L.E.A.R.** Curriculum (8-weeks)
- **C.L.E.A.R.** YouTube Teaching Scripts
- Short Form Devotional Reflections

Appendix C — Coaching Questions (To Be Added In the Future on Channel)

- **C.L.E.A.R.** Coaching Prompts & Links
- Biblical Reflection Questions
- Spiritual Assessment Questions

Appendix D — Branding Assets

- Color Palettes (*Purple, Gold, Black & White*)
- Logo Concepts
- Thumbnail Templates (*To Be Drafted*)

APPENDIX A

C.L.E.A.R. Glow Version Wheel



C.L.E.A.R. Model developed by TaShona M. Jones

APPENDIX B

C.L.E.A.R. COACHING 8-WEEK YOUTUBE LIVE IMPLEMENTATION

CURRICULUM

Format: Christ-Centered Coaching + Spiritual Formation

Session Length: 45–60 minutes

Delivery: YouTube Live (Replay Enabled)

CURRICULUM PURPOSE

This curriculum is designed to guide participants through a Christ-Centered coaching journey that fosters:

- Spiritual reconnection
- Emotional clarity
- Personal awareness
- Gentle accountability
- Restorative transformation

The curriculum integrates:

- Biblical truth
- Reflective coaching questions
- Spiritual awareness
- Practical life application

CURRICULUM LEARNING OUTCOMES

By the end of the 8 weeks, participants will be able to:

1. Identify areas of spiritual fatigue and emotional overload
2. Understand and apply the C.L.E.A.R. coaching framework
3. Practice self-awareness without shame or self-judgment
4. Recognize God's restorative work in their life journey
5. Develop faith-informed next steps for personal growth

PEDAGOGICAL & COACHING APPROACH

Each session follows a consistent coaching structure:

1. Centering & Prayer
2. Scripture Anchor
3. CLEAR Pillar Teaching
4. Guided Coaching Reflection
5. Spiritual Application
6. Restorative Closing Prayer

This structure ensures:

- Emotional safety
- Spiritual integrity
- Coaching alignment
- Predictable rhythm for viewers

WEEK-BY-WEEK CURRICULUM BREAKDOWN

WEEK 1

Title: Welcome to C.L.E.A.R. – A Safe Place to Begin Again

Focus: Orientation & Spiritual Safety

Scripture: Matthew 11:28

Teaching Emphasis:

- Introducing Christ-Centered Coaching
- Differentiating coaching from preaching, therapy, or motivation
- Establishing safety, grace, and non-performance

Coaching Outcomes:

- Viewers feel welcomed and grounded
- Emotional permission to slow down
- Initial trust established

Reflection Questions:

- What feels heavy right now?
- Where do I need rest—not answers?
- What would safety look like in my spiritual journey?

WEEK 2

Title: Caring for You – God’s Care Is Not Conditional

CLEAR Pillar: C – Caring for You

Scripture: 1 Peter 5:7

Teaching Emphasis:

- God’s care versus self-neglect
- Emotional stewardship
- Releasing internal pressure

Coaching Outcomes:

- Increased self-compassion
- Recognition of emotional overload
- Willingness to receive care

Reflection Questions:

- What have I been carrying alone?
- Where do I ignore my own needs?
- What would it mean to cast this care on God?

WEEK 3

Title: Loving You – Receiving Love Without Shame

CLEAR Pillar: L – Loving You

Scripture: John 13:34

Teaching Emphasis:

- Shame versus grace
- Receiving love before giving it
- Identity rooted in Christ

Coaching Outcomes:

- Reduced self-criticism
- Increased grace awareness
- Deeper identity security

Reflection Questions:

- Where do I struggle to receive love?
- What voice speaks loudest when I fail?
- What would unconditional love feel like?

WEEK 4

Title: Encouraging You – Strength for the Weary

CLEAR Pillar: E – Encouraging You

Scripture: 1 Thessalonians 5:11

Teaching Emphasis:

- Biblical encouragement vs. toxic positivity
- Strength in weariness
- God’s sustaining presence

Coaching Outcomes:

- Emotional strengthening
- Validation of fatigue
- Renewed hope

Reflection Questions:

- Where do I feel weary right now?
- What words do I speak to myself?
- What encouragement might God be offering?

WEEK 5

Title: Awareness – Listening Without Fear

CLEAR Pillar: A – Awareness

Scripture: Psalm 139:23–24

Teaching Emphasis:

- Awareness without condemnation
- Emotional and spiritual noticing
- God-led self-discovery

Coaching Outcomes:

- Increased self-awareness
- Reduced avoidance
- Gentle openness to insight

Reflection Questions:

- What patterns keep repeating?
- What emotions surface most often?
- What might God be showing me gently?

WEEK 6

Title: Accountability – Growth Without Condemnation

CLEAR Pillar: A – Accountability

Scripture: Galatians 6:1–2

Teaching Emphasis:

- Healthy accountability
- Responsibility supported by grace
- Growth in community

Coaching Outcomes:

- Reduced fear of accountability
- Clear next steps
- Willingness to receive support

Reflection Questions:

- Where do I need support, not pressure?
- What step feels faithful—not overwhelming?
- Who might God be inviting into my journey?

WEEK 7

Title: Restoration – Nothing Is Wasted

CLEAR Pillar: R – Restoration

Scripture: Joel 2:25

Teaching Emphasis:

- Redemption of lost seasons
- God’s restorative promise
- Hope beyond regret

Coaching Outcomes:

- Renewed hope
- Reframing past pain
- Trust in God’s timing

Reflection Questions:

- What feels lost or delayed?
- What season still hurts to revisit?
- What might restoration look like now?

WEEK 8

Title: Living C.L.E.A.R. – Moving Forward With Intention

Focus: Integration & Commissioning

Scripture: Proverbs 3:5–6

Teaching Emphasis:

- CLEAR as a lifestyle, not a program
- Daily rhythms of spiritual awareness
- Trusting God with next steps

Coaching Outcomes:

- Integration of learning
- Clarity for next season
- Spiritual confidence

Reflection Questions:

- Which pillar impacted me most?
- What has shifted internally?
- What is my next faithful step?

CURRICULUM COMPLETION

You have not completed a program—you have begun a practice.

C.L.E.A.R. is a way of walking with God, not rushing transformation.

C.L.E.A.R. COACHING YOUTUBE LIVE LAUNCH

TEACHING SCRIPTS

Series Title:

“Becoming C.L.E.A.R.: A Christ-Centered Coaching Journey”

Week 1: Welcome to C.L.E.A.R. (Vision + Safety)

Week 2: Caring for You – God’s Care vs. Performance

Week 3: Loving You – Receiving Love Without Shame

Week 4: Encouraging You – Strength for the Weary

Week 5: Awareness – Listening Without Fear

Week 6: Accountability – Growth Without Condemnation

Week 7: Restoration – Nothing Is Wasted

Week 8: Integration – Living C.L.E.A.R. Daily

 **YOUTUBE LIVE #1**

“Welcome to C.L.E.A.R.: A Safe Place to Begin Again”

Length: 45–60 minutes

Focus: Vision, safety, and spiritual grounding

OPENING (5 minutes)

“Hello and welcome to C.L.E.A.R. Coaching Live.

I’m TaShona Jones, and I want to thank you for being here—whether you’re joining live or watching the replay.

Before we begin, I want to invite us to slow down together.

Take a breath.

Let your shoulders relax.

And allow this moment to be what it is—no pressure, no performance.

Let’s pray.

Father God, we thank You for this space.

We invite Your presence, Your peace, and Your truth.

Settle every heart, quiet every distraction,

and meet each person exactly where they are.

In Jesus’ name, Amen.”

SCRIPTURE ANCHOR (5 minutes)

“Today’s scripture is **Matthew 11:28**:

‘Come unto me, all ye that labour and are heavy laden, and I will give you rest.’

This invitation is not rushed.

It’s not demanding.

It’s simply an invitation to come.”

TEACHING: WHAT IS C.L.E.A.R.? (15 minutes)

“C.L.E.A.R. Coaching was created because I kept seeing people who love God—but are tired. Faithful, yet overwhelmed. Strong on the outside, but quietly carrying a lot.

C.L.E.A.R. is not about fixing you. It’s not about striving.

It’s about walking with you in grace.

C.L.E.A.R. stands for:

C – Caring for You

Because you matter more than what you produce.

L – Loving You

The steady, patient love Christ shows us.

E – Encouraging You

Especially when you know what you *should* do but feel unsure how to move forward.

A – Awareness & Accountability

Not pressure—gentle truth that leads to growth.

R – Restoration

Because God is still restoring things we thought were lost.”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 1

This is a moment to breathe, release striving, and receive rest from God.

You are not required to fix, perform, or explain anything here.

Simply come—just as you are—and allow God to meet you in this place of rest.

COACHING REFLECTION (10–15 minutes)

“I want to invite you into reflection—not answers.

You may respond in the chat, or just sit with this quietly:

- What feels heavy right now?
- Where do you feel tired—not just physically, but spiritually?
- What would rest look like if you didn’t have to earn it?

There’s no right response. Just notice.”

(Pause intentionally)

CLOSING ENCOURAGEMENT & PRAYER (10 minutes)

“If today did nothing more than remind you that you’re not alone—then this moment mattered.

God is not disappointed in you.

He’s present with you.

Let’s pray.

God, thank You for meeting us gently.

Thank You for caring, loving, encouraging, and restoring us.

As we leave this space, let Your peace remain.

In Jesus’ name, Amen.

I look forward to walking with you again next time.”

YOUTUBE LIVE #2

“Caring for You: God’s Care Is Not Conditional”

CLEAR Pillar: C – Caring for You

Scripture: 1 Peter 5:7

OPENING

“Welcome back to C.L.E.A.R. Coaching Live.

If this is your first time—welcome.

If you’re returning—I’m glad you came back.

Let’s center ourselves together...”

(Short prayer)

SCRIPTURE ANCHOR

“**1 Peter 5:7** says:

‘Casting all your care upon Him; for He careth for you.’

Notice it doesn’t say *some* cares. It says *all*.”

TEACHING (15 minutes)

“Many of us are good at caring for others.

But when it comes to ourselves, we minimize, push through, or ignore.

God’s care is not transactional. He doesn’t care for you *because* you did everything right.

He cares because you are His.

Caring for you means:

- Giving yourself permission to pause
- Acknowledging emotional fatigue
- Bringing concerns to God without editing them”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 2

Allow yourself to acknowledge what you have been carrying.

There is no need to minimize it or manage it alone.

God’s care meets you fully—right where you are.

COACHING REFLECTION

“Take a moment with these questions:

- What have I been carrying that I haven’t released?
- Where have I told myself ‘I’ll deal with it later’?
- What would it look like to let God care for this?

No fixing—just noticing.”

CLOSING

“Caring for you is not selfish.

It’s stewardship.

Let’s close in prayer...”

YOUTUBE LIVE #3

“Loving You: Receiving Love Without Shame”

CLEAR Pillar: L – Loving You

Scripture: John 13:34

OPENING

“Welcome to C.L.E.A.R. Coaching Live.

Today we’re talking about love—not the kind we earn, but the kind we receive.”

SCRIPTURE ANCHOR

“**John 13:34:**

‘As I have loved you, so you must love one another.’

Before we love outwardly—we must receive inwardly.”

TEACHING

“Many believers serve well but receive love poorly.

Shame tells us:

- ‘You should be further along’
- ‘You should be stronger by now’

But Christ’s love does not come with a measuring stick.

Loving you means:

- Accepting grace without apology

- Releasing comparison
- Letting love reach places you've guarded"

SHORT FORM DEVOTIONAL REFLECTION – WEEK 3

Receive love without explanation or defense.

You do not need to justify your worth or protect yourself in this moment.

God's love is already present—steady, patient, and unchanging.

COACHING REFLECTION

“Reflect gently:

- Where do I resist receiving love?
- What voice do I hear when I make mistakes?
- What would it feel like to be loved without explanation?

Sit with that.”

CLOSING

“You don't need to become someone else to be loved.

You are already known. Let's pray...”

YOUTUBE LIVE – WEEK 4

“Encouraging You: Strength for the Weary”

C.L.E.A.R. Pillar: E – Encouraging You

Scripture: 1 Thessalonians 5:11

Length: 45–60 minutes

OPENING (5 minutes)

“Welcome to C.L.E.A.R. Coaching Live.

I’m grateful you’re here today.

Let’s begin by slowing our breathing, quieting our thoughts, and inviting God into this space.

Father God, thank You for meeting us right where we are.

Lift heaviness, strengthen weary hearts, and remind us that we are not walking alone.

In Jesus’ name, Amen.”

SCRIPTURE ANCHOR (5 minutes)

“**1 Thessalonians 5:11** says:

‘Therefore encourage one another and build each other up, just as in fact you are doing.’

Encouragement isn’t about hype.

It’s about *strengthening what feels weak.*”

TEACHING (15 minutes)

“Many people think encouragement means pretending everything is okay.

But biblical encouragement acknowledges reality *and* points us back to hope.

Encouragement reminds us:

- God is still present
- You’re not failing because you’re tired
- Strength doesn’t always look loud

Sometimes encouragement sounds like:

‘You’ve been carrying a lot—and God sees you.’”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 4

Let God meet you in your weariness.

You do not have to push through or pretend to be strong.

God’s encouragement reaches you right where you are.

COACHING REFLECTION (10–15 minutes)

“I want to invite you to reflect gently:

- Where do I feel weary right now?
- What words do I speak to myself when I’m tired?
- What would encouragement sound like if it came from God instead of pressure?

You don’t have to answer quickly. Just notice.”

(Pause)

CLOSING (10 minutes)

“If encouragement was missing in your life, it doesn’t mean God has withheld it.

It may simply be time to receive it.

Let’s close in prayer.

God, strengthen the weary, lift the discouraged, and remind us that You are near.

In Jesus’ name, Amen.”

YOUTUBE LIVE – WEEK 5

“Awareness: Listening Without Fear”

C.L.E.A.R. Pillar: A – Awareness

Scripture: Psalm 139:23–24

OPENING

“Welcome back to C.L.E.A.R. Coaching Live.

Today we’re entering a space of awareness—not judgment.”

(Brief centering prayer)

SCRIPTURE ANCHOR

“**Psalm 139:23–24** says:

‘Search me, O God, and know my heart... and lead me in the way everlasting.’

Awareness invites God’s guidance—not condemnation.”

TEACHING

“Awareness isn’t about uncovering flaws.

It’s about noticing patterns.

When we avoid awareness, we often stay stuck.

But when we invite God into awareness, clarity begins to form.

Awareness asks:

- What am I feeling?

- What keeps repeating?
- What might God be showing me gently?"

SHORT FORM DEVOTIONAL REFLECTION – WEEK 5

Notice what God is gently revealing.

There is no need to rush, resist, or judge what comes to the surface.

Awareness, when guided by God, leads to clarity and peace.

COACHING REFLECTION

“Reflect quietly:

- What have I been avoiding noticing?
- What emotions show up most often?
- What might God be inviting me to see—not fix?

Let this be a safe noticing.”

CLOSING

“Awareness is not exposure—it’s invitation.

God, thank You for guiding us gently.

Help us see clearly without fear.

In Jesus’ name, Amen.”

YOUTUBE LIVE – WEEK 6

“Accountability: Growth Without Condemnation”

C.L.E.A.R. Pillar: A – Accountability

Scripture: Galatians 6:1–2

OPENING

“Welcome to C.L.E.A.R. Coaching Live.

Today we’re talking about accountability—without shame.”

SCRIPTURE ANCHOR

“**Galatians 6:1–2** reminds us to restore one another gently.

God’s accountability is restorative, not punitive.”

TEACHING

“Accountability has often been misused, creating fear instead of growth.

Biblical accountability:

- Supports growth
- Invites responsibility
- Walks alongside—not above

Accountability asks:

‘What’s your next faithful step?’

Not: ‘Why aren’t you doing better?’”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 6

Consider one faithful step forward.

You are not being measured by perfection, only invited into growth.

God's grace walks with you as you move ahead.

COACHING REFLECTION

“Reflect with honesty:

- Where do I need support—not pressure?
- What step feels doable right now?
- Who might God be inviting me to walk with?

No shame here—only clarity.”

CLOSING

“Accountability doesn't trap us—it frees us.

God, thank You for grace that guides us forward.

In Jesus' name, Amen.”

YOUTUBE LIVE – WEEK 7

“Restoration: Nothing Is Wasted”

C.L.E.A.R. Pillar: R – Restoration

Scripture: Joel 2:25

OPENING

“Welcome to C.L.E.A.R. Coaching Live.

Today’s conversation is for anyone who feels like time was lost.”

SCRIPTURE ANCHOR

“**Joel 2:25** says: *‘I will restore to you the years...’*

Restoration does not mean erasing the past.

It means redeeming it.”

TEACHING

“Restoration is God’s promise to bring meaning where there was pain.

God restores:

- Confidence
- Direction
- Purpose
- Peace

Nothing you’ve walked through has been wasted.”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 7

Hold space for God’s restoring work.

What feels lost or delayed is not forgotten.

God is at work redeeming every season of your life.

COACHING REFLECTION

“Reflect gently:

- What feels lost right now?
- What season still hurts to think about?
- What would restoration look like—not perfection?

Let hope rise slowly.”

CLOSING

“Restoration happens in layers.

God, thank You for restoring what feels broken.

In Jesus’ name, Amen.”

YOUTUBE LIVE – WEEK 8

“Living C.L.E.A.R.: Moving Forward With Intention”

Focus: Integration & Next Steps

Scripture: Proverbs 3:5–6

OPENING

“Welcome to our final week of this C.L.E.A.R. journey.

Thank you for walking with me.”

SCRIPTURE ANCHOR

“**Proverbs 3:5–6** reminds us to trust God with our paths.”

TEACHING

“C.L.E.A.R. is not a one-time experience—it’s a way of walking.

Caring.

Loving.

Encouraging.

Awareness & Accountability.

Restoration.

These become daily rhythms—not checklists.”

SHORT FORM DEVOTIONAL REFLECTION – WEEK 8

Pause and reflect on what has shifted within you.

You do not need to rush your next step.

Trust God to guide you forward with clarity and peace.

COACHING REFLECTION

“Reflect on this journey:

- What pillar stood out most?
- What shifted inside you?
- What does your next season require?

There is no rush.”

CLOSING & COMMISSIONING

“You are not behind.

You are becoming.

God, guide every next step.

Cover each heart with peace and clarity.

In Jesus’ name, Amen.”