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Christian Coaching Magazine

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The Journey to Discovery

by Lisa Copeland

You've heard the expression, "life is a journey."

Life is truly all about the journey: the experiences we encounter, the friends we make, the people we meet, and the challenges and losses we face. Every step we take shapes and forms us.

Throughout my journey, I believed I was in control, allowing influences in my life to guide my steps and define my path. Influences in my life were people I loved and respected; my parents, family, co-workers, and friends. Along the way, I found success and happiness are measured by the world's standards. Yet, I remained unsettled and searched for other "things" to find fulfillment. I became lost, chasing dreams without substance, and continuously pondered the question, "what is my purpose?" My spirit remained adventurous without divine direction.

It wasn't until August of 2012, as I walked

alongside my dad during his final days. This is when reality hit. I was awakened to a new way of thinking, looking at life and the world around me. It was then that everything started to change. God brought about a radical change; a plot twist. All my personal and professional experiences found expression in a way I would have never thought to choose.

For me, it is now evident that the fullness of life is not achieved by what we intend, but by what God intends for each of us. With the 20/20 vision that only comes from hindsight, I see how God orchestrated the plot twist in my life. The entrepreneurial spirit that led me through the business world is the same spirit Christ used to change my path. He knew he had equip-

When I allowed God to take the lead, expressions of direction, patience, and self-control appeared in my everyday life.

ped me with courage, resourcefulness, and conviction to change my course to His desire. I started an evaluation process on the aspects of my work that I enjoyed and explored educational opportunities that would allow me to blend the two. It was then that I realized I had a passion and desire to coach others, help them overcome obstacles, and achieve more than they ever dreamed possible in life and leadership.

It is my experience and belief that there are many factors involved with change and growth. The core of these starts with getting out of our own way and the willingness to face whatever fears or obstacles may block the path toward the goal. We must be willing to embrace our own and others strengths and weaknesses, learn from our mistakes and take a breath long enough to celebrate the victories.



Lisa Copeland has a passion for both Life and Leadership Coaching. She believes to lead well professionally you must lead well personally. As a coach, Lisa has a passion to encourage others to achieve more than they ever thought possible, to reach past their self-imposed limits and realize their potential and purpose; to be the person God created them to be. In her free time, Lisa enjoys taking in nature, cycling, hiking, walking and relaxing with friends and family. God has blessed Lisa with a wonderful husband of 30 years, 2 beautiful children, and passion to share Christ's love. Connect with Lisa by visiting her [website](#) or [here](#).



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