



FAITHFUL PATH COACHING MINISTRY

Faithful Path Abilities

Handbook — Coach & Participant Guide
10-Week Christian Coaching Program

Created with Purpose. Growing in Christ.

Genesis 1:27

Mrs. Monique Velasquez · Spiritual Coach and Founder

Mission Statement

Faithful Path Abilities exists to encourage, equip, and empower individuals of all abilities through biblical truth, compassionate coaching, practical life skills, and Christ-centered community. Every person is created in the image of God with unique gifts, value, purpose, and the ability to grow in Christ.

Included Materials

- ☐ Faithful Path Abilities Handbook (Coach & Participant Guide)
- ☐ Faithful Path Abilities Workbook (10 Weeks)
- ☐ Weekly Worksheets
- ☐ Prayer Journal
- ☐ Scripture Memory Cards
- ☐ Reflection Journal
- ☐ Goal Planner
- ☐ Progress Tracker
- ☐ Graduation Certificate

Section 1

Welcome to Faithful Path Abilities

Welcome. You belong here. This section introduces the ministry, what we believe, and the care and respect every participant can expect.

- Welcome letter from Mrs. Monique Velasquez, Spiritual Coach and Founder
- About Faithful Path Coaching Ministry & Certification Academy
- Mission: encourage, equip, and empower individuals of all abilities
- Vision: Christ-centered community where every ability is honored
- Statement of faith
- Core values: dignity, patience, truth, encouragement, and prayer
- What to expect each week
- Confidentiality and its legal and safety limits
- Respect guidelines for coaches, participants, and caregivers
- Accessibility commitment: materials adapt to the participant

Notes

Section 2

How the Program Works

Faithful Path Abilities runs for ten weeks. Sessions are gentle, predictable, and paced to the participant.

- Weekly coaching sessions using the same twelve-part lesson format
- One-on-one coaching for personal pace and privacy
- Group coaching for encouragement and shared learning
- Zoom meetings with captions and recording on request
- Homework that is short, practical, and never graded
- Accountability that encourages rather than shames
- Prayer support between sessions
- Written coach feedback after each week

Notes

Section 3

Accessibility Support

Every lesson can be delivered in the way a participant learns best. Nothing here is optional or extra-cost.

- Learning styles reviewed at intake and revisited each month
- Visual learners: picture cards, color coding, and large graphics
- Audio learners: read-aloud lessons and audio devotionals
- Reading assistance from a coach, parent, or caregiver
- Large-print resources in 18pt and 24pt
- Adaptive worksheets with fewer prompts and more space
- Caregiver participation in sessions when helpful
- Parent resources explaining each week in plain language

Notes

Section 4

Growth Expectations

By the end of ten weeks, participants will have practiced each of the following areas of growth.

- Identity in Christ
- Biblical confidence
- Healthy boundaries
- Prayer
- Bible study
- Emotional wellness
- Goal setting
- Communication
- Relationships
- Serving others

Notes

Section 5

Program Resources

Resources are available in print and digital form through the Faithful Path Resource Library.

- Faithful Path Abilities Workbook
- Weekly worksheets
- Prayer journal
- Recommended Christian podcasts
- Recommended Christian books
- Bible reading plans
- Short teaching videos with captions
- Monthly activities and printables

Notes

Section 6

Graduation Requirements

Graduation celebrates faithfulness, not perfection. Coaches adapt requirements to each participant's abilities.

- Attendance at the ten weekly sessions or approved make-ups
- Homework completed at the participant's own pace
- Reflection journal entries
- Growth activities from each week
- Final review with the coach
- Prayer over the participant and their next steps
- Certificate of completion presented at graduation

Notes

Accessibility Commitment

Faithful Path Abilities adapts every lesson to the participant. Large-print and screen-reader friendly files, plain-language instructions, verbal or written responses, extra time, quiet session formats, and caregiver participation are always available at no additional cost. Tell your coach what helps you learn best and the materials will be adjusted.

Faithful Path Coaching provides Christian spiritual coaching, education, and encouragement. It is not therapy, licensed counseling, medical care, or crisis care. If you or someone you love is in immediate danger, call 911 or dial 988 for the Suicide & Crisis Lifeline.