



"Investing in peoples lives."

Bridging the Gap in the Community

insightforlivingskills.com.au



Biblical Life Coaching and Mentoring

Discover the transformative power of Mentoring and Biblical Life Coaching with Sue Mytka.

Embrace the belief that God has a unique plan for your life. Are you ready to unlock the steps to fulfil your divine purpose?

Through Christian biblical life skills, you'll gain the guidance and support needed to navigate your journey with confidence and faith. This is where you need help of Sue.

Let's embark on this fulfilling path together.



SUE MYTKA

Founder

Insight For Living Skills

Sue Mytka

ABOUT SUE



SUE MYTKA
Founder
Insight For Living Skills

Sue's journey is a powerful testimony of resilience and transformation, reflecting the depths of human struggle and redemptive power of faith in God. Sue is an overcomer who has been through the mill of anguish and adversity.

Her life has been marked by profound challenges, stemming from a history of abuse and tumultuous upbringing. Faced with domestic violence and a sense of no purpose, compounded by a difficult family environment. Sue felt trapped and abandoned. Despite enduring hostility and trauma, she found herself making choices that only deepened her hardship, feeling isolated and too ashamed to seek help due to fear and judgment. She was overwhelmed by fear, anxiety and depression, she battled emotional instability, an eating disorder, and profound feelings of worthlessness.

However, in the midst of her darkest moments, Sue encountered Jesus Christ, who met her in her pain and brokenness.

Sue's life began to undergo a profound transformation. As she went through a deep personal relationship with Him and the transformative power of His word.

Sue's life continued to grow in her knowledge and intimacy with Christ, she found healing, life purpose, and a newfound sense of identity and hope. Jesus's presence brought light into the darkness, offering her comfort, strength, and a renewed perspective on life.

Sue's story stands as a testament to the enduring power of faith, and the trust in God's ability to work all things together for good as Romans 8:28 affirms 'And we know that all things work together for the good for those who love him, who have been called according to His purpose.

Through her journey of healing, God imparted a profound sense of purpose in her life. Isaiah 61:1- to reach out to the hurting, the brokenhearted, the lost, and the sick, she now dedicates herself to offering them hope, showing that they, too, can embrace a future filled with fulfillment and a journey with purpose.

SERVING OTHERS

We believe that service to others is one of the many ways of doing God's work. God is love and loves unconditionally, we extend our love for God and our neighbours by serving others.

"Love in action is service to the world." Every human being is a child of God and, by serving them, we serve God. For we believe that Jesus Christ is Lord and we are His servants. 2 Corinthians 4:5



OUR MISSION

The mission of Sue Mytka Inc., is to focus on the spiritual transformation of men and women through imparting truth with life changing results, and challenges along the way. Drawing it forth from God's word and life experiences. (Isaiah 50:4)



OUR VISION

The vision for Sue Mytka, Inc., is to renovate the hearts of Believers through the Gospel of Jesus Christ with life changing results. A Christ Centred approach
Imparting truth, transform lives through Jesus Christ (Psalm 51:13)



OUR VALUES

In all our activities with Sue , we are guided by the following core values: God's values, and Principles and the love of Christ through the Holy Spirit.

OUR PROMISE TO YOU

- 1.) I will hold myself accountable to the highest level of integrity, honouring Jesus Christ individually and corporately, in all my associations with clients and colleagues.
- 2.) I will maintain complete confidentiality with my clients, within the confines of the law.
- 3.) I will be clear with my clients about the nature of the coaching relationship, including structure, fees and expectations.
- 4.) I will never give a client's name to anyone, for any purpose, without express permission.
- 5.) I will give credit where credit is due for materials supplied by other sources, respecting copyrights, trademarks and intellectual property.
- 6.) I will represent myself honestly and clearly to my clients, and mentor/counsel only within my areas of expertise.
- 7.) I will actively pursue well being, wholeness, and continual learning in my own life.
- 8.) I will refer a client to a qualified person; if I am not within my area of expertise or comfort, so the client gets the best possible .
- 9.) I will honour my Christian values in my professional conduct, placing neither blame nor blemish on the name of Christ or the coaching profession.

What is Biblical Life skills?

Biblical life coaching evidence based with over 55 years experience and proven results.

Coaching is a partnership between a coach and a client in a creative process that inspires the client to maximise his/her potential. The biblical viewpoint takes center stage and it is combined with personal change, motivation, growth and development to effect the desired change. The effect of coaching is new awareness and you then move into action as you step into an abundant Christian life in your personal, work or business areas.

1. Establish a firm foundation.

When we build on a firm foundation with Christ, we can withstand whatever comes our way. A foundation based on God produces steadfast faith and life. Sue helps you to establish a strong faith in God as your foundation for everything.

You learn to nourish that faith, to love God and to find strength and security through your identity in Him. "Jesus Christ

2. Set goals

Setting goals gives you long-term and short term motivation, it focuses your acquisition of knowledge, and helps you to organise your time and resources so that you can make the most of your life. Goals give you direction and helps you to identify what's important to you.

The absence of life goals can cause us to feel lost or loose focus. When we commit also our goals to the Lord whatever you do, and He will establish your plans. (Proverbs 16:3) Many are the plans in a person's heart, but it is the Lord's purpose that prevails. (Proverbs 19:21)

3. New awareness

What does the Bible say about self-awareness?

Sue will help you to change the way you think, concerned the way you think self talk. which is entirely self-defeating, stands in the way of success. By becoming aware of self-defeating thoughts, she will also give you new insights, imparting truth increased strength from the Love of God including having a sound mind, love for self and others. Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold the new has come. (2 Corinthians 5:17)

4. Overcome external and internal barriers

Internal Barriers – hinderances inside of us, including the way we think , our attitude, perception as we communicate, emotions, like low self-esteem, anxiety and fear which stop you from making progress. Sue will help you to overcome each barrier and provide you with strategies for getting up whenever you slip to be an over comer. External circumstances – hinderances outside of us including people and environmental. Coming from a dysfunctional family, abusive relationships, education.

5. You will be empowered, motivated, and inspired to take action

Sue is committed to arming you with the tools you need to succeed in reaching your goals in every area of your life. Her ultimate goal is to help you to become self-motivated by adopting new ways of thinking and behaving. She helps you to create or maintain an environment that fosters success, and to find and implement a support system to a new life.

6. Create a life that you and God love

Through mentoring, coaching, you learn to take ownership of your experiences and to design a life that God has plan for you. "For I know the plans I have for you," Declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11. You also learn to intentionally live a life that honours the purpose that God gave you.

7. Equipped to run the Christian race

Sue will guide you to confidently run the race and persevere through hard times, as you focus on the goals in which you have set with accountability and commitment. (2 Timothy 4:7)

8. Perfection not required

Biblical life coaching teaches you that you do not need to be perfect in everything since God is perfect for you. You can be imperfect in some areas and still be happy, knowing that God is on your side,(Psalm 16:8) I always remember that the Lord is with me. He is here, close by my side, so nothing can defeat me.

BRIDGING THE GAP IN THE COMMUNITY

Operating In Excellence

We operate in excellence, seeking to serve in areas that matter to others, and we know that God can use us to open doors to bless others. By operating in excellence, we will demonstrate our love for God and our neighbour's, and our faith in God. We demonstrate excellence through passion for our work, good planning, accomplishing our goals timelessly, and taking ownership of the results. Our goal is to always work willingly and enthusiastically as though we are serving the Lord himself, and not just our earthly master. (Colossians 3:23)

Integrity

We are guided by the biblical principles of integrity and ethics. We do everything in an honest, fair, and responsible way. By building our entire organisation on the foundation of honesty and integrity, we have managed to build a strong, trusting relationship with our donors, employees, volunteers, beneficiaries, board members, and other stakeholders. Integrity has also created a strong, credible reputation for this ministry. Therefore, it is our desire and intention to do what is right and we are totally open both to the Lord's inspection and to man's. 2nd Corinthians 8:21

Other Values

The above are our core values. However, we also operate through the following values:

Respect. We treat everyone with respect, knowing that the people that we help are currently down but they deserve our respect. By helping and respecting them we also restore their self-respect and the respect that they receive from others. We are in pursuit of being totally devoted to helping others in love and honouring others above ourselves. Romans 12:10

Accountability. We believe that if anything is to be done, it is up to us. We believe that we have been called by God to make a difference and impact in the lives of others in this world and within God's Kingdom. We believe that each of us will have to give an account of ourselves to God regarding the calling upon our lives to help others. (Romans 14:12)

Therefore, we are accountable for delivering on our commitments.

Truth. We believe that God's truth can set people free and we stand by this truth in good times and bad times, in thoughts, words and deeds. For the word of God clearly states "For Whom The Son Sets Free Is Free Indeed" (John 8:36)

The Importance of Our work

It's not just the work that we do that matters, but the inner motivation behind our action really counts. While the external impact of our Kingdom is incredible, the inner effect on us and the people that we serve is priceless. Here is what I have learned since I started this ministry:

1. Learned that the giving starts from a state of heart and mind, somewhere much deeper than the physical. Moved and propelled by the possibilities this opens up all the time, we found many humble opportunities to serve. This has helped us to shift from the "me" point of view where we only pray for ourselves, to "others" point of view where we actively contribute to the welfare of others.
2. We serve to express our gratitude. We did not start this ministry because we had something to give, but the trigger came when we had nothing left to take. We acknowledged the fullness of life through faith in the goodness of God and the work God was doing in our lives. By feeling gratitude for that, we decided to pay forward our gifts with hearts filled with joy. It is this inner transformation that gave birth to the ministry.
3. We have learned that service to others transforms us, when we give, we actually receive. When we started this ministry, the small acts changed our deeply embedded habits of self-centredness. Service to others is never wasted because we also benefit from it.
4. We have learned that service to others honours our deep interconnectedness. We have learned to feel what others feel when they are low. We have learned to feel their joy and relief when their dignity has been restored through our efforts. "When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole." That is the privileged position we can serve from to others.
5. New learning is beginning to unfold. We have now become very much aware of the current situation that others live in and that we are becoming instruments of a greater order. As a result, our actions are becoming more effortless. We are also noticing that our actions are creating a ripple effect that will synergize with other ripple effects, to create an ecosystem that will be felt by many future generations.

2 SIMPLE WAYS TO GET STARTED



1. To Register online visit our website at www.insightforlivingskills.com.au and click on the get started button. Register to use our site and fill in a intake form and book an online session.



2. To Register via phone please call Sue on mobile 0407 065 162 and we can register you manually in our system and send you the forms and confirmation.





VISIT
WWW.INSIGHTFORLIVINGSKILLS.COM.AU
OR CALL 0407 065 162