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How do Coaching, Consulting, and Therapy differ?

Therapy:

1. Focuses on what is holding the client back in their past and present.
2. Explores the client's internal pain and external stressors that have become too overwhelming to cope with on their own.
3. Focuses on general and specific problems.
4. Therapists are trained licensed professionals with a masters or doctoral degree who work with clients using empirical psychological evidence and well established theories.

Coaching*:

1. Focuses on finding out the client's challenges and obstacles and collaborates with them to establish clear and obtainable goals.
2. Address's what is currently holding the client back.
3. Teaches the client various coping skills manage overcome their challenges and obstacles.
4. Focuses on accomplishing specific goals.
5. *Professional Coaches*** are certified by the profession and adhere to the International Coaching Federations Ethical Rules and Regulations. They are professionals from various fields, such as psychology, with a masters or doctoral degree. They act as teachers and/or mentors who believe in the inherent ability of their clients to overcome their

challenges by establishing and accomplishing goals.

Consulting*:

1. Client has an idea of what they want and are motivated to do what it takes to achieve their goals.
2. Address's specific issues and detailed goals set by the client with the Consultant's assistance.
3. Teaches the client necessary skills to achieve the goals.
4. Focuses on accomplishing specific goals during a specific time frame.
5. Consultants are highly structured and only work with their clients on a limited number of issues at one time. They work with clients during a specific time frame, with a clearly established completion date. They are professionals from various fields who have training in their area of consulting.

**Please note: Coaching or Consulting of any type is not psychotherapy or a substitute for the treatment of any mental illness*

*** This document refers to Professional Coaches who are certified by a school who has been approved the International Coaching Federation*