



## Distinctions between Coaching, Therapy & Consulting

Professional Coaching has several aspects in common with Therapy and Consulting. In all models the client is ready to get help and support to help them find solutions to their problems, and to move forward with greater intentionality and new approaches to life.

However, Coaching is radically different in the context of the relationship, condition of the client, and content of and approach in these other models. In the chart below, you will find definition for some of the major distinctions between Coaching, Therapy and Consulting.

In reviewing the chart, keep in mind that these are distinctions between the disciplines, not a complete model of either of the disciplines. These are generalizations that will help you get a general understanding about the differences to help you decide what support you might need. All disciplines are valuable and relevant based on what the client's needs are.

<b>Comparison</b>	<b>Coaching</b>	<b>Therapy</b>	<b>Consulting</b>
<b>Client Status</b>	Client is creative, resourceful & whole	Client is broken, needs healing	Client needs expertise help
<b>Who is the expert?</b>	Client	Therapist	Consultant
<b>Questions</b>	Asks "what" and "how" questions	Asks "why" questions	Answers questions
<b>Time focus</b>	Present and future with little focus on past	Past to predict behaviors in present and future	Past and present in order to fix the future
<b>Agenda</b>	Client's	Therapist's	Consultant's
<b>Problem Solving</b>	Client solves problem	Problem is analyzed and may or may not get solved	Consultant solves the problem

### What You Can Expect from Coaching:

There is so much to be gained by working with a coach. The impact is far reaching as you experience intangible and tangible benefits of partnering with someone who is committed to your dreams and success. Some things you can expect from working with a coach are:

- **Clarity** around your desires, dreams, and values that help you craft your personal mission, vision and goals.
- **Freedom** from limiting beliefs and patterns that hold you back from thriving.
- **Fresh perspectives** that open you to new options and possibilities.
- **Healthier relationships** that come from improved wellness and wholeness in the emotional, physical, spiritual and financial areas of your life.
- **Increased vitality and productivity.**