



Personal Coaching vs. Therapy

It's important to know the distinctions between Coaching and Therapy. Here is a simple comparison overview so that you can know what to expect from coaching together.

Personal Coaching	Therapy
Focus is on "what next"	Focus is on "why"
Focuses on Visioning and Goal Setting	Focuses on problem solving and fixing
Creating the future	Analyzing the past
Assumes the client is resourceful	Assumes the client needs healing
Goal-oriented	Past-orientation
Works with the conscious mind	Works to bring the unconscious into consciousness
Works to develop responses to choices	Addresses reactions to prior events
Is solution focused	Is problem focused
Helps people reach a higher level of success	Helps address emotional or behavioral difficulties
Co-creative relationship	Doctor-patient relationship
Coach helps client identify answers and options	Therapist has the answers
Growth and progress are rapid and enjoyable	Progress is often slow and painful

As your coach I am not here to diagnose, fix and analyze anything. I am here to support, challenge and encourage you to lead your best life and ask...what's next.

So, what's next?