



Difference between Coaching and Counseling

<ul style="list-style-type: none"> • Coaching is working with a client • Coaching is asking the questions: How, What and What If? Focused on results not the reason Why • Coaching is interested in a person's PRESENT and works to help them in creating a compelling FUTURE • Coaching assumes that the client is HEALTHY (not broken) Presupposes that people work perfectly to produce the results they are getting even if the results are not desirable. If a person doesn't like the results they are getting, coaching provides tools to help them get the results they desire • Coaching is a partnership of equals where the coach encourages the client to find his/her OWN solutions already on their map (but perhaps unnoticed) • Coaching helps the client to discover the PROCESS which s/he prevents the achievement of goals and objects and learn new ways of thinking 	<ul style="list-style-type: none"> • Counseling is working with a patient • Counseling is asking the question Why • Counseling works with a person's PAST and traumatic events therein, and seeks healing of those events • Counseling diagnoses mental ILLNESSES and attempts to deal with identifiable conditions • Counseling is like a Doctor/Patient relationship where the DOCTOR has the solution • Counseling is about conversing which encourages the patient to TALK about and thereby resolve old pain and symptoms to get rid of them
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| <ul style="list-style-type: none">• Coaching is about understanding the past as a framework for the present and creating the FUTURE• Coaching is a model of LEARNING and potentiality which focuses on the future and its achievable goals and outcomes• In coaching when appropriate the coach SHARES her experience which is vital to learning• In coaching changes are FAST and FUN• In coaching coach aligns mentally with the client and they CO CREATE the solution. The client is responsible for the outcomes and always has control over his/her results | <ul style="list-style-type: none">• Counseling is about fixing the patient by fixing the PAST• Counseling relies on studies and manuals to DIAGNOSE pathology• In counseling a Therapist WON'T TALK about him/herself• In counseling progress is often SLOW• In counseling a Therapist diagnoses and then PRESCRIBES a path to healing |
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