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Coaching vs. Counseling While coaching is forward-focused, counseling tends to deal more with past issues in which you may find yourself stuck and struggling. You may occasionally discuss something that has occurred in the past, to clarify the present, but your coaching will not focus on resolving the past. If you view your past as simply a fact (regardless of whether the circumstances were difficult or negative), you are probably ready for coaching. If it appears that there is an issue for which you may need counseling, Your coach will suggest it. With the support of a counselor or therapist, some individuals choose to engage in coaching and counseling simultaneously, but with a focus on different areas of life for each service.

Coaching vs. Consulting A coach focuses on helping you walk your unique path to success. As the client, you are responsible for the results you receive as a result of coaching. Coaching helps you discover how to become more of who you are and need to be to achieve those results and identify what you may need to do differently. A consultant takes responsibility for a specific project, acting as a specialist, providing specific deliverables and/or knowledge. Coaching believes in your ability to fully experience your potential and will provide a safe, consistent space for you to develop your potential.

Coaching vs. Mentoring Coaching focuses on the development of people in general and the development of your unique path in particular. A mentor guides you towards a specific path of development. Coaching is more interested in helping you develop your unique self and help you harness that power to follow your path, which may be quite different from the path others have taken, even though the purpose of paths may be very similar. Coaching is not designed to tell you what to do, but rather to help you uncover the answers that lie within you. Consider coaching as a catalyst for your success.

Coaching vs. Spiritual Direction The goal of both coaching and spiritual direction is to help you to become more aware of yourself and to bring greater intentionality to your daily living, the tools and practices used are closely related. Spiritual direction creates space for you to notice God's presence in your life, trained in the art of holy listening, they help you to observe and respond to the presence of the sacred moving in your life. Coaching collaborates with you and inspires you to take meaningful action toward your vision of the future by setting purpose in the present.