



How does coaching differ from therapy or counselling?

There are three major and significant differences that set coaching apart.

In many situations, a therapist or counsellor will look to the immediate or distant past to prescribe an appropriate solution to a patient's problem. Although your coach will have a good understanding of how your past has created your present, the focus of every coaching session will be on where you are now and where you want to be in the future. Your coach has no prescriptions because every situation, every session and every client is unique.

The next major difference is that therapy or counselling may address a single and specific physical or mental condition. Your coach is interested in you as a whole being from an awareness of the interactions between all areas of your life. Instead of delving into causes, your coach will focus in a holistic manner on your mind, body and spirit to help you achieve your objectives.

The remaining difference is that your coach has time to work with you. During your session, your coach will be totally committed to you and your needs. You work together but it is you who defines what you want from life and how you will get it. Your coach is a 'catalyst' who will do whatever it takes to help you.

The main purpose of coaching is to empower you to take control of every aspect of your life along with acceptance of your personal responsibility that is an integral part of such control. Your coach can show you how to do this and will guide you every step of the way.

"My coach said that he would be like a control tower talking me down to a safe landing. He did this but, unexpectedly, he showed me how to take off in exciting new directions too. "