

# Counseling vs Coaching Differences

Both coaching and counseling tackle complex issues and provide a safe space for individuals to engage in open and honest communication and foster self-discovery. The purpose and approach of these two fields are different, as the chart details.

	<i>Counseling</i>	<i>Coaching</i>
<b>Overarching Questions</b>	What's the problem? Why?	What's your vision for your future? How can you get there?
<b>Purpose</b>	Moving client FROM past pain and/or trauma TO stability and healing	Moving FROM stability and healing TO empowering choices that unleash client's fullest potential
<b>Relationship Model</b>	Sees client as patient. Assumes client needs clinical help for recovery.	Sees client as collaborative partner. Assumes client is naturally creative, capable, and resourceful.
<b>Expertise</b>	<b>Counselor is expert</b> imparting advice and direction	<b>Client is expert</b> of his/her own life and designs own action strategy
<b>Focus</b>	Focus on the PAST (unresolved issues and events that impact the present)	Focus on the PRESENT (actions) & FUTURE (goals)
<b>Method</b>	Uses a medical / behavioral science model to diagnose and treat patients	Uses open-ended questions to draw out client's expertise
<b>Session Structure</b>	Counselor leads the agenda. Sessions take a more passive, reflective approach and client completes counselor-directed assignments	Client drives the conversation content. Sessions are very focused and equip client to implement their own desired outcome
<b>Strategic Approach</b>	Reactive; Issue driven	Proactive; Results driven
<b>Meeting Style</b>	In-office sessions	Convenient to need: Phone or In-Person (flexible location) with Email/Text

*Discover » Chart the Course » Move Forward*