

## Counseling Versus Holistic Life Coaching



Someone told me that counseling = looking back, coaching = looking forward but I believe these two different modalities involve a little bit of both. Therefore, there are many differences and one of the biggest is education. Counselors have Master's degree, followed by thousands of clinical supervised hours and are governed by a very strict behavioral health board that dictates the counselor's every move. Counseling is based on statistics and facts. That is why in college you have to take classes such as statistics and research. In counseling, there is a label and a name for every behavior. In order to have your insurance paid, many counselors must give a clinical diagnosis within the first 45 minutes.

A good coach holds the assumption that the client has the best answers for their own life. The coach's job is to draw those answers out of you, and to offer another perspective. Coaching is different from counseling in that coaching does not focus on emotional issues or past events. Clients who receive coaching services are viewed as being functional and healthy, but are unsatisfied with a part of their lives and desire to change it.

### **What can Life Coaching do?**

- To get UNSTUCK.
- To find BALANCE.
- To find CALM and INNER PEACE.
- To get CLARITY AND FOCUS.
- To create MORE HAPPINESS.
- To find FREEDOM.
- To become the YOUR AUTHENTIC SELF.
- To identify their PASSIONS.

### **What will Life Coaching NOT do?**

Life Coaching will NOT provide the answers, only the person you are coaching can do that. No-one else can tell them what they truly want — only they know that!

Both Counselors and Coaches listen, ask questions, raise awareness and move clients forward. However, counseling and therapy is more about treating a present problem or number of issues by looking into the past. Counseling and therapy more than likely will include psychiatry and diagnosis, neither of which is part of Life Coaching. It is about moving from where you are now into a positive and health future.

Therapy tends to focus on finding the answers to questions from the past that have shaped who your client is now. There is nothing wrong with that and for some people, it might be what they need. Coaching helps the client find the answers to whatever questions they have that is

preventing them from doing what they want to do. In short, working with a coach means getting in action, implementing new skills, changes, or goals, and making sure that a life coach can help you find ways to accomplish the things you need. That is why many counselors now say they are coaches, because they want to integrate the best of both worlds.

Coaching is motivational, inspiring, positive, exciting and action driven. Coaching helps people look at where they are now and where they'd like to be, and helps people bridge the gap. By raising awareness and encouraging people to take responsibility for their life, life coaching can help you use the opportunity to rise to your own particular challenges and go further than you ever thought possible. Coaching assists people take the driver's seat of their own life.

Coaching can be defined as "an ongoing partnership that helps clients produce fulfilling results in their lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.

The name 'coaching' uses a metaphor from the sports community, where coaching is an established activity. No team of athletes would consider trying to reach excellence without a coach. In being coached, one does not have to admit either to needing help or even to having a problem, so the shame-based feelings often triggered by counseling are by-passed. It is no disgrace to have a coach.

The coaching process is the only human improvement process that focuses completely on you. Life coaches are equal partners who assist their clients to improve and grow as a person as the means to achieve balance. Coaches assist and help execute the actions necessary to achieve goals. Do you want to find a higher power? Redefine your spiritual growth? Do you need coaching to help you with your grief? How about a recovery coach to help you with your recovery? Need coaching for depression? What about self-esteem or standing up to your spouse, friends, family or children? How about learning to feel good about you? When you feel good about you, good things happen!

Coaching taps into the power center both within the client and within the coach. Giving credence to this immaterial intelligence, coaches can aid clients in hearing the messages in their heart, supporting them to take action and effect changes from that place of inner strength no matter what the issue is.

So if you desire direction, and need a change, or clarity, or just want to improve your outlook and find positive answers, seek out a holistic life coach and begin to open doors you thought were once closed.