



## "IS COUNSELING OR COACHING BEST FOR ME?"

<b>Counseling</b>	<b>Coaching</b>
is accessed because of unresolved issues	is accessed because of dissatisfaction
is delivered in person	is delivered telephonically or in person
may be covered by insurance	is paid for by the client
encourages talking	encourages action
often looks at the past	mostly looks at the present and future
addresses symptoms	identifies the source
promotes emotional health	promotes health in all domains
focuses on problems	focuses on solutions
is nurturing and supportive	is warm and direct
is defined by the session	focuses on the work you do outside the session
answers the question 'why'?	answers the question 'how'?
moves you out of pain	moves you from good to great