



COACHING 101: COACHING VS. COUNSELING

COACHING:

- **Assists clients with clarifying and achieving personal and professional goals.**
- **Guides clients through a series of self-assessments, which enable him/her to identify solutions.**
- **Is action oriented.**

COUNSELING:

- **Assists clients with healing past wounds and resolving deeper emotional issues**
- **Assists clients with mental health issues.**
- **Assists clients with grief issues.**