

General Differences Between Coaching and Therapy

Relationship coaching is a professional client-focused service where an individual or couple is assumed to be healthy, powerful, and able to achieve relationship goals with effective support, information, and guidance.

THERAPY

Assumes the client needs healing

Rooted in medicine, psychiatry

Works with people to achieve self-understanding and emotional healing

Focuses on feelings and past events

Explores the root of problems

Works to bring the unconscious into consciousness

Works for internal resolution of pain and to let go of old patterns

COACHING

Assumes the client is whole

Rooted in sports, business, personal growth venues

Works to move people to a higher level of functioning

Focuses on actions and the future

Focuses on solving problems

Works with the conscious mind

Works for external solutions to overcome barriers, learn new skills and implement effective choices

Conscious Dating: Self-Discovery and Readiness Workbook

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