

THERAPY	COACHING
1. Deals with identifiable dysfunctions in a person	1. Deals with a healthy client desiring a better situation
2. Deals mostly with a person's past and trauma, and seeks healing	2. Deals mostly with a person's present and seeks to help them design a more desirable future
3. Helps patients resolve old pain	3. Helps clients learn new skills and tools to build a more satisfying, successful future
4. Doctor-patient relationship (The therapist has the answers)	4. Co-creative equal partnership (Coach helps the client discover own answers)
5. Assumes emotions are a symptom of something wrong	5. Assumes emotions are natural and normalizes them
6. The therapist diagnoses, then provides professional expertise and guidelines to provide a path to healing	6. The coach stands with the client and helps him or her identify the challenges, then partners to turn challenges into victories, holding client accountable to reach desired goals
7. Progress is often slow and painful	7. Growth and progress are rapid and usually enjoyable