

Differences between coaching and other disciplines

Coaching vs. counseling (therapy)

Therapy is for those who are sick and want to get better, while coaching is for those who are well and want to get better.

Coaching vs. consulting

A consultant typically assesses your situation, lays out a solution to your problem, and then leaves. A coach typically guides you through your own assessment, helps you identify your own best solution, and stays with you as you implement your own strategies.

Coach vs. mentor

A mentor is someone who has enough experience in the field of work you have chosen and who can guide you in learning from his mistakes and successes. The difference between mentoring and coaching is that an executive coach doesn't need to know anything about your working environment because as a coach he cares about who the client is and not what he does.

Coach vs. friend/spouse

The difference between the coach and a friend is the fact that a friend will usually put conditions before offering to help you and his ego will always be in the way. A professional coach is operating egoless and his sole aim is the success of his client.