

The Difference Between Counseling and Coaching

Living Resources Program Counseling

Coaching

Licensed counselor	Certified coach
Clinical	Non-clinical
Coping-oriented	Action-oriented
Helps to identify and treat problems	Helps to set and achieve goals
Solution-focused	Client-driven
Seeks to address presenting problems and concerns	Seeks to empower, ask "what's possible?"
Common discussion topics: <ul style="list-style-type: none">• Anxiety• Depression• Grief• Trauma• OCD	Common discussion topics: <ul style="list-style-type: none">• Building healthy habits• Reducing stress• Burnout• Mindfulness

What do they have in common?

- Private and confidential
- A safe space to be listened to and heard
- Neutral, non-judgmental and supportive
- Learning and awareness
- See clients as partners/collaborators



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