

Distinctions between Coaching, Therapy & Consulting

Comparison	Coaching	Therapy	Consulting
Client Status	Client is creative, resourceful & whole	Client is broken, needs healing	Client needs expertise help
Who is the expert?	Client	Therapist	Consultant
Questions	Asks “what” and “how” questions	Asks “why” questions	Answers questions
Time focus	Present and future with little focus on past	Past to predict behaviors in present and future	Past and present in order to fix the future
Agenda	Client’s	Therapist’s	Consultant’s
Problem Solving	Client solves problem	Problem is analyzed and may or may not get solved	Consultant solves the problem

What You Can Expect from Coaching:

There is so much to be gained by working with a coach. The impact is far reaching as you experience intangible and tangible benefits of partnering with someone who is committed to your dreams and success. Some things you can expect from working with a coach are:

- Clarity around your desires, dreams, and values that help you craft your personal mission, vision and goals.
- Freedom from limiting beliefs and patterns that hold you back from thriving.
- Fresh perspectives that open you to new options and possibilities.
- Healthier relationships that come from improved wellness and wholeness in the emotional, physical, spiritual and financial areas of your life.
- Increased vitality and productivity.

What the Springboard Coaches Love About Their Work

According to Alix: “I came to coaching from a background in teaching and educational consulting. By nature I am “an improver.” I enjoy seeing people and things grow, change and improve. Coaching allows me to be involved in personal growth every day. As a coach I help my clients form and achieve their own vision for their life. I watch as they learn about their unique values, abilities, and strengths and then put these to better use, becoming more effective at work and in their personal life.” To learn more about Alix and her work, visit www.avancercoaching.com.

According to Shannon: “It is a privilege to watch the whole life transformation that happens for my clients as they find inner peace, clarity and joy through reclaiming their truest selves. When my clients open their hearts to experience the true essence of who they are, these gifts, strengths and talents can be integrated into their daily lives to experience passion, purpose *and* prosperity. As they boldly move toward their life’s vision families, communities, the workplaces and the world are impacted with a favorable influence.” To learn more about Shannon and her work, visit www.yougreaterpurpose.com.