



Make room for your life.

What is Coaching

Definition of Coaching: Coaching is a partnering process in which you the Client are empowered to build awareness of your situation, learn through your values and strengths, and design actions to align with your goals.

While there are some similarities, coaching is different from training and consulting.

Coaching	Training	Consulting
Explore	Show	Tell
Coach partners with you in a dynamic process as you explore needs, goals, actions and learnings	Trainer shows you what to do effectively transferring their expertise to increase your knowledge and skills	Consultant tells you their expert recommendation and advice based on their opinion of your situation

Coaching is also not therapy, mentoring or a replacement for personal supportive relationships with family and friends.

Key Elements of Interaction in Coaching Work

Work Element	Client/ Coach Interaction
Nature of Relationship	Client and Coach are equal partners sharing in authority and relationship success
Source of Expertise	Client is held as naturally creative resourceful and whole, capable of unlocking the answers to the questions in their life
Path of Communication	Coaching conversation is an interplay of Coach inviting Client to explore their situation and asking for opportunities to guide Client to deeper insights
Learning Process	Client catalyzes change by engaging in a learning process of awareness, action, and accountability to form habits the Client decides are most beneficial
Session Content	Client sets goals and decides on individual session topics then Coach supports Client to explore that topic in a creative and organic approach to discovery and planning