



Choosing between a therapist and a coach can feel confusing. While both play vital roles in personal and professional growth, their functions are distinct. A therapist primarily focuses on healing and addressing the past. A coach focuses on growth, strategy, and moving toward the future.

THERAPIST

A therapist helps you heal from wounds, traumas, and unresolved issues. Their work is rooted in the past—helping you deal with what is holding you back today. Evidence shows that therapy can reduce symptoms of anxiety, depression, and trauma by addressing their root causes (American Psychological Association).

Key Functions of a Therapist:

- Deals with mental health challenges (anxiety, depression, trauma)
- Focuses on healing and recovery
- Works through unresolved past issues
- Licensed professionals with clinical training

COACH

A coach helps you grow into your potential. Coaches assume you are healthy, whole, and capable—and they partner with you to create strategies for success.

Coaching is future-focused, action-oriented, and designed to help you maximize your performance and leadership impact.

Key Functions of a Coach:

- Helps you clarify goals and vision
- Focuses on strengths and performance
- Provides accountability and strategies
- Helps you move from where you are to where you want to be

(International Coaching Federation research shows **86%** of companies report a positive ROI on coaching.)

	THERAPIST	COACH
Focus	Healing the past	Building the future
Approach	Clinical & restorative	Strategic & action-oriented
Primary Goal	Resolve trauma, pain, or dysfunction	Expand capacity, growth, and results
Best For	Those held back or hurting	Those ready to grow and achieve more

Whether you need a therapist or a coach depends on your current stage. If you need healing, seek therapy. I encourage you to seek therapy first, if you feel you need it. Therapy and coaching work in conjunction with one another. Many clients have expressed much better and even quicker growth through coaching, because of therapy. Now, if you're ready to expand, grow, and lead forward, coaching may be the right fit.

Your Coach,
Jeremy