

DO I NEED A CONSULTANT, THERAPIST OR COACH?

Understanding the Difference



Choosing between a therapist, coach, or consultant can feel confusing. Each plays a distinct and valuable role in helping you grow. The key is understanding what you need right now. A therapist helps you heal the past. A coach helps you build the future. A consultant helps you solve problems and drive results.

THERAPIST

A therapist helps you heal from wounds, trauma, and unresolved issues. Their work is rooted in the past, helping you process what may still be affecting you today. Evidence shows therapy can reduce symptoms of anxiety, depression, and trauma by addressing root causes (American Psychological Association).

Key Functions of a Therapist:

- Addresses mental health challenges such as anxiety, depression, and trauma
- Focuses on healing and emotional restoration
- Works through unresolved past experiences
- Licensed professionals with clinical training

COACH

A coach helps you grow into your potential. Coaching assumes you are capable and ready to move forward. It is future focused, action oriented, and built to help you maximize performance and leadership impact.

Key Functions of a Coach:

- Clarifies goals, vision, and direction
- Focuses on strengths and performance
- Provides accountability and strategy

- Helps you move from where you are to where you want to be (International Coaching Federation research shows 86 percent of companies report a positive return on investment on coaching.)

CONSULTANT








A consultant helps you solve problems and produce results. While a coach draws it out of you, a consultant brings expertise, evaluates systems, and provides clear direction on what to do and how to do it. Consulting is ideal when clarity is needed quickly and execution matters.

Key Functions of a Consultant:

- Diagnoses problems within teams or organizations
- Provides expert strategy and solutions
- Builds systems, processes, and structure
- Focuses on measurable outcomes and execution

THERAPIST, COACH, OR CONSULTANT?

UNDERSTANDING THE DIFFERENCE

	 THERAPIST	 COACH	 CONSULTANT
 FOCUS	Healing the past	Building the future	Solving present problems
 APPROACH	Clinical & restorative	Strategic & action-oriented	Analytical & directive
 PRIMARY GOAL	Resolve trauma, pain, or dysfunction	Expand capacity, growth, and results	Deliver clarity, systems, and measurable results
 BEST FOR	Those held back or hurting	Those ready to grow and achieve more	Those needing solutions, structure, and execution



CHOOSE WHAT YOU NEED MOST RIGHT NOW.

HEAL THE PAST. | GROW THE FUTURE. | SOLVE WHAT'S NEXT.

AT A GLANCE

Therapist: Healing the past

Coach: Building the future

Consultant: Solving present problems

SO WHAT DO YOU NEED

It depends on your current stage. If you need healing, start with therapy. If you need clarity, growth, and accountability, coaching is the move. If you need solutions, systems, or results now, a consultant is your best fit.

The best growth happens when people get healthy first, then step into coaching or consulting to expand their capacity and impact.

While I do not provide therapy, I offer coaching and consulting to help you grow, solve problems, and lead at a higher level.

If you are ready to move forward, I would be honored to partner with you.

Jeremy Prather