

Feature	Psychotherapy	Coaching
Focus	Mental Health Emotional healing	Goal achievement Skill-building
Approach	Deep exploration Evidenced-based techniques	Action-driven Solution-focused
Session Structure	Personalized-treatment plan with emotional processing	Strategic guidance with accountability
Ideal For	Anxiety, Depression, trauma, emotional growth	Motivation, performance, life transitions, personal and professional growth
Outcome	Long-term emotional healing and coping strategies	Clear goals, improved habits, and practical life changes