



Is Coaching Right for You?

Deciding to invest in your personal growth and transformation is an exciting first step. This guide is here to walk you through how coaching works, so you can feel confident deciding if it's the right fit for your journey.

What is Coaching?

Coaching is a **client-led** partnership. Unlike traditional consulting or teaching, a coach doesn't hand you a pre-written map; instead, they help you sharpen your own internal compass. It is a **positive**, collaborative process designed to bridge the gap between where you are now and where you want to be.

- **Future Focused:** While we acknowledge your starting point, our eyes are firmly on the horizon. We focus on possibilities, goals, and the "what's next."
 - **Transformational:** We don't just aim for incremental "to-do list" wins. We work on shifting perspectives and uncovering insights that lead to **change that lasts**.
 - **Action Oriented:** Every session concludes with clarity on the steps you will take to move forward.
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Coaching vs. Other Disciplines

Understanding the boundaries of coaching ensures you get the specific support you need.

FEATURE	COACHING	THERAPY	MENTORING
PRIMARY FOCUS	The Future & Potential	Healing & The Past	Advice & Experience
ORIENTATION	Goal-driven & Proactive	Resolution of Trauma	Transfer of Knowledge
RELATIONSHIP	Equal Partnership	Patient/Provider	Junior/Senior
OUTCOME	Sustainable Change	Emotional Regulation	Career Path Guidance





What Coaching Is NOT

It is not Therapy: Coaches do not diagnose or treat mental health disorders. If you are looking to heal deep-seated trauma or clinical issues, therapy is the appropriate path.

It is not Consulting: A coach won't tell you exactly what to do. We believe you are the expert in your own life; our job is to ask the powerful questions that unlock your expertise.

It is not a "Quick Fix": Real transformation requires commitment. While you will feel shifts early on, the most profound results come from consistent practice and reflection.

Are You Ready?

Coaching is most effective when you are:

1. **Open** to being challenged and seeing things from new angles.
2. **Ready** to take full ownership of your decisions and actions.
3. **Committed** to investing time in your own growth between sessions.

