

# How is coaching different from Consulting? Therapy? Sports coaching? A best friend?

**Consulting.** Coaching is a form of consulting but the coach stays with the client to help implement the new skills, changes and goals to make sure they really happen.

**Therapy.** Coaching is not therapy. We don't work on "issues" or get into the past or deal much with understanding human behavior. We leave that up to the client to know and figure out while we help them move forward and set personal and professional goals that will give them the life they really want.

**Sports.** Coaching includes several principles from sports coaching, like teamwork, going for the goal, being your best. But, unlike sports coaching, most professional coaching is not competitive or win/lose based. We strengthen the client's skills vs. help them beat the other team. It's win/win.

**Best friend.** A best friend is wonderful to have. But is your best friend a professional who you will trust to advise you on the most important aspects of your life and/or business? Have a best friend and a coach.