

What is the difference?

Coaching, Therapy, Consulting, Mentoring

	Purpose	Focus	Method	Clients	Model
Coaching	Support individuals to find their own appropriate answers and solutions to achieve their self-imposed goals	Present, past, and desired future	Asking powerful questions	Individuals who are mentally healthy and can take full responsibility for their actions	Equal Partners
Therapy	Long-term healing treatment to improve overall psychological functioning and deal with the present in more emotionally healthy ways	Resolving difficulties arising from the past that hamper an individual's emotional functioning in the present	Therapy	Individuals who deal with identifiable psychological dysfunctions. A diagnosis is underlying	Doctor - Patient
Consulting	Providing expert knowledge and advice	Problem solving	Identify problems, recommend solutions and implement, if desired	Individuals who want to leverage expert knowledge to solve their challenges	Teacher - Student
Mentoring	Passing on life experience and knowledge from an experienced expert to a person who is inexperienced in this area	Enhance experience	Share knowledge, give advice, guide	Individuals who wish to gain more experience	Parents - Child