

The Difference between Counseling & Life Coaching

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Counseling, also called therapy, or psychotherapy, can be a long-term process, when you work with a licensed counselor or social worker to diagnose and resolve problematic beliefs, behaviors, relationship issues, negative emotions and sometimes unwanted physical responses.

The focus of counseling is on the past as it is affecting your present - past traumas, hurts, disappointments, and issues that are getting in the way of your present. These past hurts often lead to self-destructive habits and behaviors. The goal of counseling is to “put your past in its place” so you can improve relationships and work through painful feelings. Counseling focuses on introspection and analysis, with the hope of resolving past issues and creating a happier, more stable present and future.

Life Coaching, is when you work with a certified life coach to clarify goals and identify obstacles and problematic behaviors in order to create action plans to achieve desired results for your future. A life coach will take your current starting point as an acceptable neutral ground and is more action oriented. A life coach guides, encourages and “coaches” you to take control of your life and take action to steer you towards your goals.

The focus of life coaching is on the present as it affects your future. Who do you want to be when you grow up? How can you make the rest of your life the best of your life? How can you move towards the goals and dreams you have in your heart? Life coaching focuses on the person you want to become and will hold you accountable to do the daily actions that are needed for you to get there.