BOUNDLESS GROWTH COACHING

What is Coaching?

The International Coaching Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires maximizing their personal and professional potential. As a coach I honor you, the client, as the expert, believing you are creative, resourceful, and whole.

Standing on this foundation, as your coach my responsibility is to:

- Discover, clarify, and align with what you, the client, wants to achieve
- Encourage your self-discovery and work for solutions to overcome barriers
- Elicit your unique solutions and strategies (to learn new skills)
- Hold you responsible and accountable to implement effective choices

Below is a short description and distinction of what makes coaching different from other helping professions.

Coaching	Mentoring	Consulting	Therapy
A Professional Development Profession	Expert Advisor, typically internal senior employee	Expert Service Provider	Mental Health Service Provider
Is focused on a person's present & supports them into creating a more desirable future (measurable).	Is focused on succession planning and teaching someone to do what you do.	Is focused on business problems & provides a strategy, structure, and method to solve	Is focused on resolving and healing trauma from the past
The coach partners with you to identify what you want; works with you to explore options and create strategies; holds you accountable for reaching your outcomes	The mentor is the Expert in the Expert – Novice relationship	The consultant is an expert service provider responsible for recommendations or solutions	A therapist is a mental health service provider relationship for healing past mental trauma
Value is in the coach's expertise in listening, communication skills, and in believing in the dignity and wholeness of the person.	Value is in the mentor's past experience and their ability to transfer knowledge to others	Value is in the consultant's ability to evaluate a problem, design a solution and an implementation plan	Value in in the therapist's ability to diagnose and treat therapeutic issues and emotional blocks
Accompanies, challenges for change, encourages & supports your development.	Says: "Here's how I did it"	"Here's how to do it" see you in 6 months	"Why can't you? What's limiting you?"

Coaching motivates and inspires us to achieve the impossible