

Conventional Therapy/Counseling tends toward...	Life Coaching tends toward...
issue resolution why me?/why this? traditional relationship unconscious>conscious away from looks backward past > present absorbs information self understanding asks why usually a measured pace no personal disclosure healing mostly monologue was then professional 'arms length' analysis/understanding hope self concept diagnosis healing self responsibility stabilize new perspective confidential family dynamics personal dynamics weaknesses problems heal past medical model behavior awareness complaints reactions undoing dysfunctional>functional focused scope fear	problem solving what's next?/what now? collaborative, equal conscious>consciousness toward focuses forward present > future acts on information self potential asks what often a rapid pace personal disclosure is useful achievement mostly dialogue is now close, collaborative possibility inspiration self discovery self assessment missed opportunities accountability balance new approach confidential family dynamics personal style strengths solutions create future performance/growth model personal awareness tolerations responses doing functional>extraordinary unlimited scope excitement

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