

Counselling or Coaching: Which is for me?

I am a counsellor and a coach. People often ask what is the difference between these two things.

In practice there's a big overlap. Both are about helping you to achieve more of your potential. Both start from where you are now and where you want to get to. The roles of the coach and counsellor are also similar in that they are working with you to support you in finding your own way, rather than providing you with expert advice.

So what are the differences? Basically, counselling tends to focus more on understanding and healing what's happened in the past so you can have more choices about your present and your future; while coaching tends to focus more on your goals for the future and how you can achieve more in your life, dipping into the past to gain insights only when recurring blocks to your progress make that essential. In practice coaching often tends to follow a more structured method, with forms and questionnaires, while counselling works more with what's naturally going on in your inner world.

Both approaches have their merits and the good news is, there's no need to make an irreversible choice when you start to work with me. Because I'm trained in both disciplines, we can mix and match, using elements of both approaches as needed.