

# COUNSELING VS. COACHING

## Which Is Best For Me?

If you are wondering whether to pursue counseling or life coaching, here are some guidelines to help make a decision. It is not a matter of one professional service being better than the other, but which one best fits your present circumstances, needs, and goals.

Generally, counseling is best used to deal with something that is wrong: emotional problems such as depression or anxiety; relational problems such as marital discord or a breach of trust; or the ongoing effects of previous traumatic experiences. Counseling focuses on healing and recovery.

In coaching, the starting place is not with a “presenting problem,” but rather a goal, future vision, or a desire for improvement. Coaching focuses on being proactive, setting goals and taking action.

### COUNSELING....

There are seasons and phases in our lives. A person might do best with counseling at one time and coaching at another. If the need is for emotional healing or to get through feeling overwhelmed, depressed, confused or anxious, counseling might be the best option. Most of us have times in our lives when we feel one or more of these emotions. Counseling is designed to deal with current issues. If a person is feeling impaired in his or her work, relationships, or emotional life, counseling may satisfy the current need.

### COACHING....

The focus of coaching is oriented toward the future. Life coaches help design and implement goals, as well as develop strategies to achieve a more balanced and better quality life. Coaching is an excellent way to get focused and increase momentum toward a goal you have already been pursuing. A Life Coach is a great tool to help people define their values, identify strengths, and jumpstart creativity.

### SEASONS....

“There is a time for everything, and a season for every activity under heaven: A time to weep and a time to laugh. A time to mourn and a time to dance...” In one season of life, there may be a need for counseling. At another time, one may be ready to move aggressively ahead with coaching.

Some professional service providers offer only one modality. InsideOut Dynamics, Inc. offers both – and we value both very highly! If you find yourself unsure whether counseling or coaching would be best for you, we would welcome a call to discuss your situation and help you decide. In some situations it may be appropriate to do both concurrently.

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