



## Distinguishing Roles Between Other Professions and Coaching

Specialty	Expert Hat	Coaching Hat
<b>Consulting</b>	Consultant diagnose problem and prescribe and sometimes implement solutions.	Coaching allows the coachee to generate their own solutions with the coach supplying facilitation, discovery-based approaches and expertise if asked.
<b>Mentoring</b>	A mentor is an expert that provides knowledge and guidance based on his/her own experience. Mentoring includes advising, counseling, and coaching.	A coach stay away from mentoring, advising and counseling. It recognizes the coachee internal wisdom and power to choose its own objectives.
<b>Therapy</b>	Therapy deal with healing pain, dysfunction and conflict within the individual. It focus on resolving difficulties from the past hampering the individual present emotions.	Coaching is future oriented. It focus on what is right in the present, existing strengths and values, and the learnings from past experiences and present experimentations to reach that desire future.
<b>Training</b>	Training programs are based on predetermined objectives and assume a structure learning path established by a curriculum.	During coaching the objectives are set by the coachee, and the learning path is fluid and experiential with no set curriculum
<b>Athletic/Sport "coach" - Personal trainer</b>	The athletic trainer is seems as an expert who guides and direct the behavior of an individual based on his experience and knowledge.	In coaching is the experience and knowledge of the individual what determines the direction of behavior change in a co-creative and collaborative way, identifying opportunities for development and new goal achievement based on the individual strengths and capacities.