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COACHING + SPIRITUAL DIRECTION

COACHING, SPIRITUAL DIRECTION, COUNSELING, MENTORING WHAT'S THE DIFFERENCE?

The truth of the matter is that the lines blur between these different approaches. For any given practitioner, they may at times borrow from or blend with one or more of these approaches, depending on the needs of a particular situation with a client. Each form of support has its place and value.

These brief descriptions attempt to give you a sense of each practice while highlighting what is distinct about each approach:

Coaching generally is a forward-looking process, focused on improved effectiveness and personal/professional development. Providing support and structure to elicit the client's own wisdom and intuition to find their own answers. Format is often through inquiry and discovery.

Spiritual Direction focuses on your relationship with God/Spirit/the Divine/Mystery. It is not so much about being directed, but rather, it is about being accompanied and encouraged to draw closer to God. The process is contemplative and reflective and may include exploring and creating supportive practices and habits to integrate spirituality into your daily life.

Mentoring is when someone shares their knowledge and skills to support a person in achieving a particular result or gaining a particular skill. Format is often in form of advice and training.

Consulting is an "expert-driven" modality, focused on implementing solutions that solve business problems.

Counseling/Therapy focuses on understanding and changing the emotional and psychological roots of behavioral issues. Therapy looks behind you, examines the past and its role in the present. Therapy is about healing and is focused on the past. The objective is to heal emotional, mental, and "relating to" self, people and the world wounds and bring emotional stability.

The reason for searching for any of these means of support may be the same or overlap.

The questions to ask to determine which is most appropriate include:

- ❖ What do you want to gain from the coaching/spiritual direction/consulting/counseling?
- ❖ What kinds of questions do you have that you want answered from this relationship and process?
- ❖ What concerns do you have that you are trying to resolve?
- ❖ What is your focus or what is most important to you right now?