

## THERAPY VS. COACHING

If you have never worked with a coach, you may have some questions, confusion or maybe even some mis-conceptions about the difference between therapy and coaching. Without going into all the types of therapy or styles of coaching offered in the world, we will share some food for thought that may help you better understand and decide if coaching is the perfect fit to help you resolve lingering issues currently preventing you from having a better, happier, and more successful life.

Therapy for the most part is focused on the past, normally diagnostic-based, often with the assumption the client is sick, having a hard time coping or dysfunctional. There are many issues, types of traumas and things that happen in our past that require some type of therapy in order to heal and move on in our life. We both have participated in certain forms of therapy and counseling as we discussed in our book "Bad Things Happened." We are not a replacement for therapy of any kind. Many people do need therapy and we are not here to discourage that. We all have wounds and if you have never looked at yours, you may need therapy. In our opinion, therapy can and does spend a lot of time picking at the wounds of the past over and over again. Sometimes leaving you wondering -Is this it? Will I ever get better or get to the other side of where I know and want to be? If you are ready to move forward and create new possibilities, give yourself the gift of working with one of us. As coaches we teach you how to let go of anything holding you back and move forward into your future highest self.

Life coaches do not diagnose, we are based in future focus. We help clients identify and describe current problematic behaviors so the client can work to modify them. We teach a simple 5 step process that has changed everything for our clients. It's not magic. It's practical and achievable.

Think of something right now that you want to be better or different in your life. Doesn't matter what you want to change. It could be health or weight management, calm your chaos, a better way of living or...the list goes on.

If you keep doing what you're doing, nothing is going to change. STOP being your problem and placing blame on the past, other people or things. Fear of failure is a big obstacle for some people. What if it doesn't work? We say-what if it does work? So, go ahead and be afraid and do it anyway. Failing to take action towards a desired goal really means you failed before you even tried. Fear of failure is just an emotion vibrating in your body. It can't hurt you. It's only energy not a fatal dis-ease.

Believe this—It is less about learning new things and more about letting go of old stories.

**Your goal - let it go \* Our goal - teach you how.**