

# Comparison of Disciplines

	<b>Life Coaching</b>	<b>Counseling/Therapy</b>	<b>Consulting</b>	<b>Spiritual Direction</b>	<b>Mentoring/Discipleship</b>
<b>Typical Relationship</b>	One-on-one or group in a professional context	One-on-one or group in a professional context	One-on-one or organizational in a professional context	One-on-one or group in a professional, ministry, or personal context	One-on-one in a business, ministry, or personal context
<b>Focus</b>	Future, vision	Past, pain	Project or problem	God's presence and activity in one's life	Teaching by example
<b>Desired Outcome</b>	Action toward and achievement of meaningful personal goals	Healing and restoration of personal and relational issues	Expert opinion and recommendation	Noticing and responding to God's direction	Personal or spiritual growth and maturity
<b>Training</b>	Professional training and certification available and commonly expected	Professional training and licensing typically required; regulations vary by state	Training specific to area of expertise is commonly expected	Training and certification available and commonly expected	Not typically expected
<b>Meetings</b>	Often by phone, sometimes in person; a common schedule is 2-3 times/month for 30-45 minutes	In person; a common schedule is once/week for 50-60 minutes	Usually in person; schedule is based on project or contract	In person or by phone; a common schedule is one meeting per month	Usually in person; schedule is typically informal in structure
<b>Role</b>	Coach is a collaborator, who provides structure and process to an agenda set by the client	Counselor provides clinical knowledge and expertise to facilitate a healing process	Consultant is an expert who analyzes and provides reports and recommendations	Spiritual director is a companion who notices God's presence and prays and listens with the client	Mentor or discipler is a companion who has "gone before" and can lead by example

\*Table created by Linda Hedberg, [www.lifestoriescoaching.com](http://www.lifestoriescoaching.com)