

# The Life Coaching Comparison Tool

Presented by Linda Hedberg, Life and Leadership Coach, Author of *The Complete Guide to Christian Coach Training*

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*The Complete Guide to Christian Coach Training* is available from these sources:

[www.Coach22.com](http://www.Coach22.com) | [www.ChristianCoachTrainingGuide.com](http://www.ChristianCoachTrainingGuide.com) | [www.amazon.com](http://www.amazon.com)

	Life Coaching	Counseling or Therapy	Consulting	Spiritual Direction	Mentoring and Discipleship
Typical Relationship	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 or ministry context	One-on-One in a business context (mentoring) or ministry or personal context (mentoring or discipleship)
Focus	Future, vision	Past, pain	Project or problem	God	Teaching by example
Desired Outcome	Action toward meaningful goals	Healing and restoration	Expert opinion and recommendations	God's direction	Personal or spiritual growth and maturity
Training	Professional training and certification available and commonly expected	Professional training and licensing typically required	Training specific to consultant's area of expertise is commonly expected	Professional training and certification available	Not typically expected
Meetings	Often by phone, sometimes in person	In person	Usually in person	In person	Usually in person
Role	Coach is a collaborator who provides structure and process to an agenda set by the client	Counselor provides clinical expertise and facilitates a healing process	Consultant is an expert who analyzes a problem or project and provides reports and recommendations	Spiritual director is a collaborator who prays and listens with clients	Mentor or disciple is a companion who has "gone before" and can lead and advise by example

Though there is certainly overlap in the descriptions of all the above relationships, it is helpful to identify the distinctives.

Ministers involved in Pastoral Care commonly draw from aspects of each of the roles described above.