



# Reasons People Go To Coaches..vs..Psychologists

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# Reasons For Going To a Psychologist vs. a Coach

Clients go to psychologists with a presenting problem that they either want the therapist to solve or because someone else has sent them to get 'fixed.'

Psychotherapists see many of the latter in marital therapy and child therapy.





# Professionally Speaking- As A Coach I...

As a coach, I am committed to modeling how it is to

either be living a fulfilling life or be on the path to creating that for myself.

My *way of being* is as critical to the

way I coach as are my skills. This is the responsibility

I carry — to model what I coach others to do and

to be. Living this commitment stretches me, which is

why coaching is *inter-developmental*. It develops and grows

both you and I.

