LIFE COACHING OR COUNSELING?

“Coaching is a specialized approach for assisting clients who are relatively free from acute psychological distress and who appear able, in the eyes of the counselor, to apply their resources to the pursuit of the goals, actions and outcomes they have identified. If we were to think of the running condition of one’s car as analogous to one’s psychological condition, then the spectrum of counseling ranges from assisting drivers who are stopped alongside the road looking under their hoods as they try to get their cars running again to, at the other end of the spectrum, assisting drivers as they navigate down the road and scan the horizon for where they want to go next. Coaching presumes the car is in good running order and the driver is ready and able to decide where to go next.”

- American Counseling Association

Thank you for considering Heartlift Coaching & Counseling Practice for your healing journey. To answer your question about the difference between counseling & life coaching, School Counselor, Jim Paterson, says it best, “Many professional counselors and life coaches agree that they can coexist—even flourish—and that clients will be better off if both services are available from well-trained practitioners. They generally agree that coaches should be certified through a strong, formal process that requires ample amounts of study and experience. And it is broadly believed that there are limits to what life coaches can and should do with clients, with both sides agreeing that coaches should refer clients to a therapist if a significant psychological problem is discovered.” When looking for a Life Coach, follow these guidelines:

1. Find a well-trained helping practitioner, certified through a strong formal process.
2. Interview and ask for credentials, bio, and fee structure.

4. It isn’t a must, but look for a Certified/Credentialed Life Coach that is “co-existing” or connected and willing to work in tryad: Life Coaching + Counseling practice(s), if needed for psychological testing + medical community, for complete medical evaluation and any medicinal needs.

**The Primary Distinction**

Traditionally:

- Therapist and licensed practitioners work with persons needing help and hoping to identify dysfunction or trauma to heal and resolve old pain.
- Coaches work with healthy clients who are striving to improve their circumstances, relationships or develop intentional/strategic life skills or highly specific behavioral patterns that will enable them to live their best life.
- Ideally, a tryad of care is put into place that will help YOU become your best self.

**Give Yourself the Greatest Gift: Emotional Health & Wellbeing**

Listen to this great 17:22 Ted Talk, “How to Practice Emotional Hygiene.” You will be glad you did: [Guy Winch, "How to Practice Emotional Hygiene"].

**Meet Janell**

When Janell’s twin son and daughter flew off to college (2008), she took a brave leap and entered Liberty University’s Master of Arts in Human Services Counseling/Marriage and Family Specialization program. After graduating, she opened her private practice, Heartlift Coaching & Consulting, and continues to work towards her Masters in Professional Life Coaching ([Light University](http://www.kellymillermlc.com), AACC).

Please contact Janell with any other questions you might have, [janell@heartlift.org](mailto:janell@heartlift.org).

[www.janellrardon.com](http://www.janellrardon.com) 757-404-4810