

# Helping Profession Comparison

|                      | Life Coaching   | Counseling/Therapy  | Consulting   | Spiritual Direction   | Mentoring/Discipleship  |
|----------------------|---|---|--|---|---|
| Type of 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), ministry context, or personal context                 |
| 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  |
| 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             | Phone, video chat, in person  | In person   | Usually in person  | In person   | Usually in person   |
| Role                 | Coach collaborates with the client on 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 person who disciples is a companion who has experience and can lead and advise by example |