Definition of Coaching Counseling Mentoring & Consulting

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Coaching, Counseling, Mentoring & Consulting are intentional skills to positively guide and support individuals mental and emotional factors to progress upwardly from one state to the next to better themselves, increase self esteem, reflect organizational growth and performance for a brighter future. Although these skills have similarities geared towards higher learning and personal development. They all have distinguishing differences that change the scope of delivery for coaches, counselors, mentors and consultants.

Coaching is “Coaching is the art and practice of enabling individuals and groups to move from where they are to where they want to be.” (Collins p. 14)

Coaching helps people who want to: “get unstuck, build their confidence, expand their vision for the future, fulfill their dreams, unlock their potential, increase their skills, move through transitions, and take practical steps toward their goals.” (Collins p. 14)

The ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching honors the client as the expert in his/her life and work and believes that every client is creative, resourceful, and whole.

Dr. Chris Bowen is my professor for the Coaching Essential Course. I understood immediately that his coaching technique focuses one's ability to learn and think for oneself to get one unstuck by helping one find answers to question and by giving one the tools to progress where one may want to be. I didn't know how to navigate online well as well as lacking knowledge of navigating thru applications. I became frustrated and discourage. It felt pretty much like wanting to go to the gym and work out. I didn't want to do it. I was confused . I just wanted to get out of that situation as soon as possible, however, I did want to learn.

I am learning that Coaching is a " positive, future-oriented form of psychology which focuses on finding fulfillment, enhanced performance, team building, vision casting, career growth, and reaching one's goals and dreams. Coaching enables people to set and reach goals while focusing on the present and the future, possibilities, getting unstuck and turning dreams into realities. (Collins p. 16) Coaching creates clarity and vision, by developing strategies and action steps with encouragement and accountability.

Coaches are also coaching in the area of business. Business coach focuses on identifying goals, prioritizing them and choosing the right path to achieve them. In doing so, business coaches help businesses become more accountable, goal-driven and competitive

Counseling fixes the negative wrongs in the past in one's life. Counseling supports individuals with inner issues of struggling with their past that is conflicting with present and their future . Counseling resolves and bring healings of "conflicts, insecurities, spiritual struggles, and emotional issues such as depression, anxiety, and anger." (Chand p.7) Counselors may a degree of expertise in psychology, psychopathology, and therapeutic skills whereas Coaches may have excellent listening skill, questioning and encouraging. . The different between coaching and counseling is coaching deals with positive psychology and counseling deals with negative psychology.

Consulting is a unique career as where Consultants are paid to analyze situations and give expert guidance and advice . (Collins p. 17) Consultant sells specialized knowledge, and fresh eyes, discover hidden opportunities that are buried, Consultants helps others make connections, Consultant find resources, Consultant help challenges, Consultant helps motives others , the most important thing to sell is certainty to provide security. (Lok)

Mentoring is a relationship whereas a senior individuals or highly skilled individuals imparts knowledge and skills in the area of wisdom expertise, opportunities , advice and counsel to a more junior persons or less skilled individuals. . Mentoring relationship are often voluntarily and the Mentor is usually not paid which may be considered a charitable relationship as opposed to Coaches, Consultants and Counselors.

Mentoring can fall into different categories of mentorships such as business, leader in a church such as ministers, pastor and deacons. These mentoring relationships are usually long term and it is built on mutual trust and respect. These relationships can lead to being a successor or passing the baton which is what we call it in my church.

The mentor teaches the person, letting him draw information from the mentor or learn from his experience. (Chand p.7)

All the areas in Coaching, Counseling, Mentoring & Consulting are quite beneficial to the recipient to better themselves, their company, their lives and the lives of their family. I believe the most profound thing that I am understanding is that it is a valuable thing to learn for one individual to the next. and the most important contribution one can make is to pass that information in the same manner it was learned. The entire goal in the area Coaching, Counseling, Mentoring & Consulting and moving from one undesirable place or state to another more desirable place or state regardless how the services were rendered voluntarily, paid, donated, rendered by force or offered in charity

REFERENCES

Definition of Coaching, Counseling, Mentoring & Consulting

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3. *Dan Lok , https://youtu.be/7Jv48RQ_2gk*