

TRADITIONAL Therapy

Explores the Past to
Diagnose & Treat a Problem

Healing-Oriented & Looks Backwards:
"When did this start?"
"Where do you think that came from?"

Emphasis on **Processing**

Asks **"Why did I/she/they...?"**

Hierarchical:
Therapist Has the Answers

Helps You Get **Back to Baseline**



Trained Professionals

Safe Space to Explore
& Be Heard

Confidential

Non-Judgmental

Supportive

Accountability

Increase
Self-Awareness

BOON CERTIFIED Coaching

Exists in **The Now / Present** to
Identify Goals & Reach Them

Goal-Oriented & Forward Looking:
*"What's next? Where are we going from
here? How do we get there?"*

Making Plans & **Taking Action**

Asks **"How can I...?"**

Non-Hierarchical:
Partnership in Which the Coach
Empowers Client Toward Resiliency

Helps You Go from **Good to Great**