

Vibrant Living Coaching

Coaching Explanation

1. Please take a moment to review the differences between coaching and therapy (also listed here below):
 - a. Visit our website www.vibrantlivingcoaching.com/resources
 - b. Click on the link for "Coaching Agreement Form". When you are ready to begin coaching, please download and sign the form and email it back to your coach.
2. Vibrant Living Coaching (VLC) is centered around Christian living with a focus on biblical principles, spiritual growth and maturity, and personal development and growth
3. VLC utilizes books (commonly "It's Not a Bear" book/workbook) as the foundation of the goals for coaching
4. VLC will help you identify if there are areas of needed support or growth (which are beyond what VLC coaching offers) that may need deeper inspection and other specialized care such as:
 - a. Intensive healing work
 - b. Psychotherapy
 - c. Spiritual direction
 - d. Pastoral care
 - e. Support groups
 - f. Medical evaluations
 - g. Addiction Recovery
 - h. And others as identified
5. Please ask your coach for any clarity you may need for the difference between coaching and psychotherapy
6. VLC coaches will work closely with you to find the right resource for your needs and goals.

Coaching vs Therapy

The International Federation of Coaching (ICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.” It is important to understand that coaching is not psychotherapy nor is it a substitute for therapy. It can be useful to consider the differences between the two before engaging in a coaching agreement to determine which service would best meet your needs:

Coaching:

- Less formal; collaborative partnership
- Future-focused and proactive
- Focus on *growing*: setting goals and attaining dreams, getting “unstuck,” managing the process of positive change
- May not diagnose or treat mental illness or disorder
- Not regulated by any government agency
- No license or certification required
- Information shared is considered private

Psychotherapy:

- More formal; “expert-patient” relationship
- Often past-focused and reactive
- Focus on *healing*: overcoming problems, resolving issues causing past or current emotional pain or impaired functioning
- Includes the assessment, diagnosis and treatment of mental illness or disorder
- Regulated by state and local government agencies
- License and/or certification required to practice
- Information shared is confidential and legally protected

If you have further questions about the difference between coaching and therapy please discuss these with a VLC life coach. If it seems that psychotherapy would benefit you at this time, or at any time during our work together, we are happy to provide you with a list of possible referrals.