

COUCHING SESSION HANDOUT: EVENT 3

Some reasons why counsellors and coaches train in each other's domain

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| Counsellors to Coaches | Coaches to Counsellors |
|---|---|
| Expand experience , training, CPD and services offered | Expand experience, training, CPD and services offered |
| Help client onto new life path and off the awareness wheel | Help client recognise and work with emotional blocks from past that can unconsciously block coaching process COACH: There are 'degrees' of 'unearthing the past' – may still be at superficial level for coaches working in a business context |
| To become more outcome orientated - actions, talents and strengths models | To become more process orientated – cathartic, emotions, healing traumas COACH: There are processes for coach supervision using differences in language – see examples of BI handouts for this event |
| Positivist approach | Depth of approach |
| Work more with the conscious (even possibly more cognitively) | Work more with the unconscious (and possibly more emotionally) COACH: Increasingly working holistically; may meet some resistance in business |
| Career change | Career change |
| Demand from clients/organisations as they become more aware of what is possible | Demand from clients/organisations as they become more aware of what is possible |
| As more clients are stating personal development as main reason for counselling | As more clients become emotionally aware and want to use the coaching relationship to explore them |
| To know when they are coaching and understand the boundary between the two and clearly contract with client | To know when they are counselling and understand the boundary between the two and clearly contract with client COACH: How possible is it to be clear about the boundary between coaching and counselling? |