

## 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?