

COACHING vs THERAPY

"I'd rather be moving on, in an exciting new direction,
than looking back at where I've been." ~ Gail Scott

I often get asked "how is coaching different from therapy?"

Coaching is the process of seeing where you are right now, deciding where you want to go, and taking actions to get you there. Standard talk therapy is used primarily to determine and understand your past and present experiences, commonly, there are no defined forward motion agreements made by the client, and at times no accountability for new results. In coaching, setting a goal is critical, creating a plan of action is standard and supporting accountability is a practice. Effective personal growth work often requires a combination of both therapy and coaching.

Coaching is ideal for those that have had *some* therapy, or those "*not into*" therapy, and *IS* ideal for those simply needing a supportive inspirational system in place for their life goals.

My unique TRUST Coaching work focuses on what we already know and what I intuitively assemble in our conversations. Targeting change with an assortment of specialized tools and techniques to help move you forward and land where you want to go. It's not always easy work and I tell potential clients "this work is not for the faint hearted" but it is for the truly motivated.

I feel fortunate my experiences, garnered wisdom, and natural gifts helps individuals, groups and companies move out of a "stuck" phase into an action based flow of life.

If you'd rather seek forward than look back...Coaching is for you.

Call today for a better tomorrow.

With sincerity...

Gail Scott

Founder of Bosie International and Lead Coach