

# Saul and Saul, LLC

CERTIFIED COACH: TUCK T. SAUL, PhD

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## MORE ABOUT STRATEGIC LIFE COACHING

(“HELP!...I NEED SOMEBODY”)

For those of you familiar with the growing field of coaching, you are probably aware that many successful individuals – not simply those with “personal problems” – have benefited from the powerful, positive, and action-oriented approaches to personal growth and development now being utilized by a growing body of professional mentors and coaches. Often the question asked about coaching is “How Coaching is different from traditional counseling/psychotherapy relationship?”. The following columns list some of the differences:

### TRADITIONAL COUNSELING/PSYCHOTHERAPY

- Focuses on the past and its impact on present problems and issues. (The past that hinders you.)
- Targets overcoming of past history and “dysfunctional programming”. (Deficit-based)
- Develops insight and freedom over past trial and trauma. (Recovery-based)
- Mental health and personal wellness.
- Probing and addressing “hang-ups”, conflicts, and internal baggage.
- Emphasis on diagnosis and treatment. (Pathology-based)
- Reducing the experience of symptoms, distress, and discomfort. (Cure)
- Clinician as expert.
- Behavioral, cognitive and affective approaches to treatment.
- Getting over the past in order to live well in the present.

### COACHING

- Focuses on the future and its relevance in guiding present thoughts and actions. (The future that beckons you.)
- Targets alignment of actions and output with values, life mission, and priorities (Destiny-based)
- Develops competency, capability, and confidence for personal goals and endeavors. (Resiliency-based)
- Personal wholeness and peak performance.
- Uncovering and optimizing key assets, strengths, and abilities.
- Emphasis on discovery and development. (Potential-based)
- Increasing the deployment of resources, talents, and gifting. (Competency)
- Coach as mentor, facilitator, collaborator.
- Behavioral, cognitive, and affective strategies for success.
- Taking hold of the present in order to capture and optimize the future.

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Although professional clinicians and coaches will use some of the very same foundational tools in their work (e.g. empathy, active listening, re-framing), there will also be paces in which they differ substantially. Clinicians will tend to help clients find solutions to problems within their own psychological dynamics. Strategic Life Coaches will tend to support clients in achieving personal effectiveness within a framework of life mission, implemented life values, and appropriated skills, capabilities, and life action plans. Where modern-day clinicians will attempt via therapy to liberate the client from symptoms of psychological distress and disorder, the Strategic Life Coach attempts to enhance the life experience of the client via optimization strategies aimed at greater individual effectiveness and the overcoming of internal and external barriers to success.

IS COACHING FOR YOU? Contact our office for a free telephone consultation.

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