

# Life Coaching vs Therapy vs Mentoring

## ◆ Purpose

- **Life Coaching:** Helps clients set and achieve future goals, build confidence, and create actionable plans.
- **Therapy:** Focuses on healing past trauma, managing mental health, and emotional recovery.
- **Mentoring:** Provides guidance based on personal experience, offering advice and role modeling.

## ◆ Approach

- **Life Coaching:** Forward-looking, structured sessions, accountability-driven.
- **Therapy:** Clinical, diagnostic, often long-term, rooted in psychology.
- **Mentoring:** Informal, relationship-based, advice from lived experience.

## ◆ Credentials

- **Life Coaching:** Certification programs (non-clinical).
- **Therapy:** Licensed professionals (psychologists, counselors, psychiatrists).
- **Mentoring:** No formal credentials required—experience is the qualification.

## ◆ Outcomes

- **Life Coaching:** Personal growth, career advancement, clarity of vision.
- **Therapy:** Emotional healing, coping strategies, improved mental health.
- **Mentoring:** Career guidance, networking, skill development.

## Key Takeaway

- **Coaching** = Future-focused action.
- **Therapy** = Past-focused healing.
- **Mentoring** = Experience-based guidance.