

Comparing Professions Tables

Comparing Professions Table 1 Shows clear differences between the professions

Comparing Professions Table 2 groups and plots information from Table 1

To read the Table 2:

1. Read the labels along the top, sides and or bottom of the table
2. Then see where each profession falls (the coloured ovals).
3. Refer to Table 1 to give the placement of the oval more meaning.

For example when looking at the column labels at the bottom of Table 2:

Life coaching is sitting in the columns labelled performance and direction/guidance. When referring to the table on the previous page it states things such as: goal 'performance improvement', role 'heavy on telling with appropriate feedback'. Compare this to counselling that is plotted in the support and well-being columns on this table, and on the previous page reads: goal 'personal well-being' and role 'both listening and giving advice'.

Comparing Professions Table 3 shows shared skills that the professions have, but also how each profession uses those skills in different ways.

Comparing Professions Table 1

	LIFE COACHING	COUNSELLING	MENTORING	WM MENTORING
GOAL	Performance improvement	Personal well-being	Intentional growth	Support the client to be more aware and live mindfully
APPROACH	Strategising and goal setting	Discussion and analysis	Guidance and application	Reflection and discussion
ROLES	Heavy on telling, with appropriate feedback	Both listening and giving advice	Listening, role modelling, making suggestions and connecting	Authentic listening and reminding them to be mindful not wilful.
INTENT	To improve performance and therefore outcomes of life	To get to the root cause of a person's behaviour and then support them in changing it	To support and guide personal or professional growth	To develop kindness as a default state of consciousness resulting in increased inner peace and well-being
VALUE DEPENDS ON:	The coach's skills but more so the client's motivation	The experience and psychological training of the Counsellor	The mentor's experience, knowledge & willingness to share and the mentee's commitment	The mentor's capacity to trust that mindfulness will bring change, and the clients ongoing commitment to enhancing their awareness
ORIENTATION	Skills-Oriented: develop and execute a desired plan of action	Issues-Oriented: specific, individualised and focused	Life-Oriented: it is broad, collaborative and comprehensive	Values-Oriented: shifting to sustainable values
FOCUS	On the future and developing a solution	On the past and the origin of problems	On now and looking toward the future	On now and the choices available in each moment

Comparing Professions Table 2



