

## **Coaching, consulting and counselling**

**Consulting and counselling stick to professional skills and facts while coaching is more about giving factual advices for the project it also give psychological support to reach that objective. Therefore the discussion came to the conclusion that the target groups we are aware are coaches. We agree to a common definition.**

### **What is Coaching refer to our objective**

**Coaching** refers to the activity of a coach in developing the abilities of coaches or clients. Coaching tends to focus on the achievement by coaches of a goal or specific skill. Even in some partner country they use the word consulting instead of coaching in the way of acting it refers to our aim.

We agree that our Coaches select from among several methods to help clients set and reach goals. Coaches are not therapists nor consultants; psychological intervention and business analysis are outside the scope of their tasking, but they know about it and can so accompanying clients within a dialogue that will allow emerging patterns and solutions to surface.

Coaching lies out of the scale between mentoring and training on one end, and psychotherapy and consulting at the other.

The Coach draw his inspiration from disciplines including sociology, psychology, positive adult development, career counselling, mentoring and other types of consulting.