



ROCK CONSULTING

INSPIRE. INNOVATE. IMPACT.

What Coaching is and What Coaching isn't

Coaching, consulting, mentoring, training and therapy are often confused. Here is a short guide to understanding some key differences.

THERAPY

- Therapist guides solutions
- Individual healing
- Past-focused exploration

MENTORING

- Mentor shares experience
- Individual learning
- Advice-based relationship

CONSULTING

- Consultant gives expertise
- Organisational growth
- Problem-solution analysis

TRAINING

- Trainer delivers new skills and knowledge
- Organisational goals
- Training is extrinsic, outside in process

COACHING

- Coach partners with client
- Individual growth
- Future-focused process



WEBSITE:
www.rockconsulting.online

PHONE:
+44 7624 434849