

Comparisons of Helping Professions

Assumptions and Activities	Coaching	Consulting	Counseling	Mentoring	Doctoring
Where Expertise Lies	Person being coached (PBC)	Consultant	Counselor	Mentor	Physician
Assumption about other person	Person is "Healthy"	Need for an expert	Pathology needing therapy	Experience of mentor highly valued	Person is sick or ill with disease or disorder
Purpose of listening	Learning	Forming solutions	Understanding "why?"	Empathizing & encouraging	Obtaining history
Purpose of questions	Promote discovery	Gather data	Diagnose	Mentee asks questions	Diagnose
Time focus	Present & future	Past, present & future	Past & present	Present & Future	Past & Present
Results	Awareness and actions by PBC; personal growth	Solutions recommended	Understanding, Acceptance, Better health	Walk like this; personal growth	Management plan; Better health