**Therapeutic Communications**

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|  | **Teaching** | **Mentoring** | **Counseling** | **Coaching \*\*** |
| **Content** | Information | Character skills, information, vision | Emotional and relational problems | Listen, reflect, questions, encouragement |
| **Purpose** | Learning information | Develop the Individual | Resolve emotional and relational problems | Personal growth and development |
| **Role** | Impart information | Reproduce what you know and do | Guide process for problem resolving | Walk along side, helps them discover direction and resources |
| **Focus** | Present | Future | Past | Present & Future |

**Comparison of approaches:**

Professional Counseling or therapy should not be done in coaching. With their permission, resources or referrals can be offered.

**How are people changed or transformed….?**

1. When they experience pain
2. When they are convicted of the need
3. When they observe a more fruitful way
4. When they are grasped by a vision
5. When a Christian FRIEND comes alongside
6. When they are accepted just as they are

**\*\* What is coaching and how does it work?**

Personal coaching is a proven paradigm for improving athletics and executive performance. It is now used to support health and wellness. Personal trainers exercise the body, coaching exercises the mind. The close personal relationship during coaching conversations by the friend provides others with structure, accountability, expertise and inspiration that enables them to learn, grow and heal beyond what he/she can do alone, even with usual medical support. They take responsibility for their own future.

Using vital skills of mindful listening, powerful questions, accountability and prayer, along with weekly encouraging support, the person being coached feels accepted, respected and moved to achieve and fulfill their deepest desires.