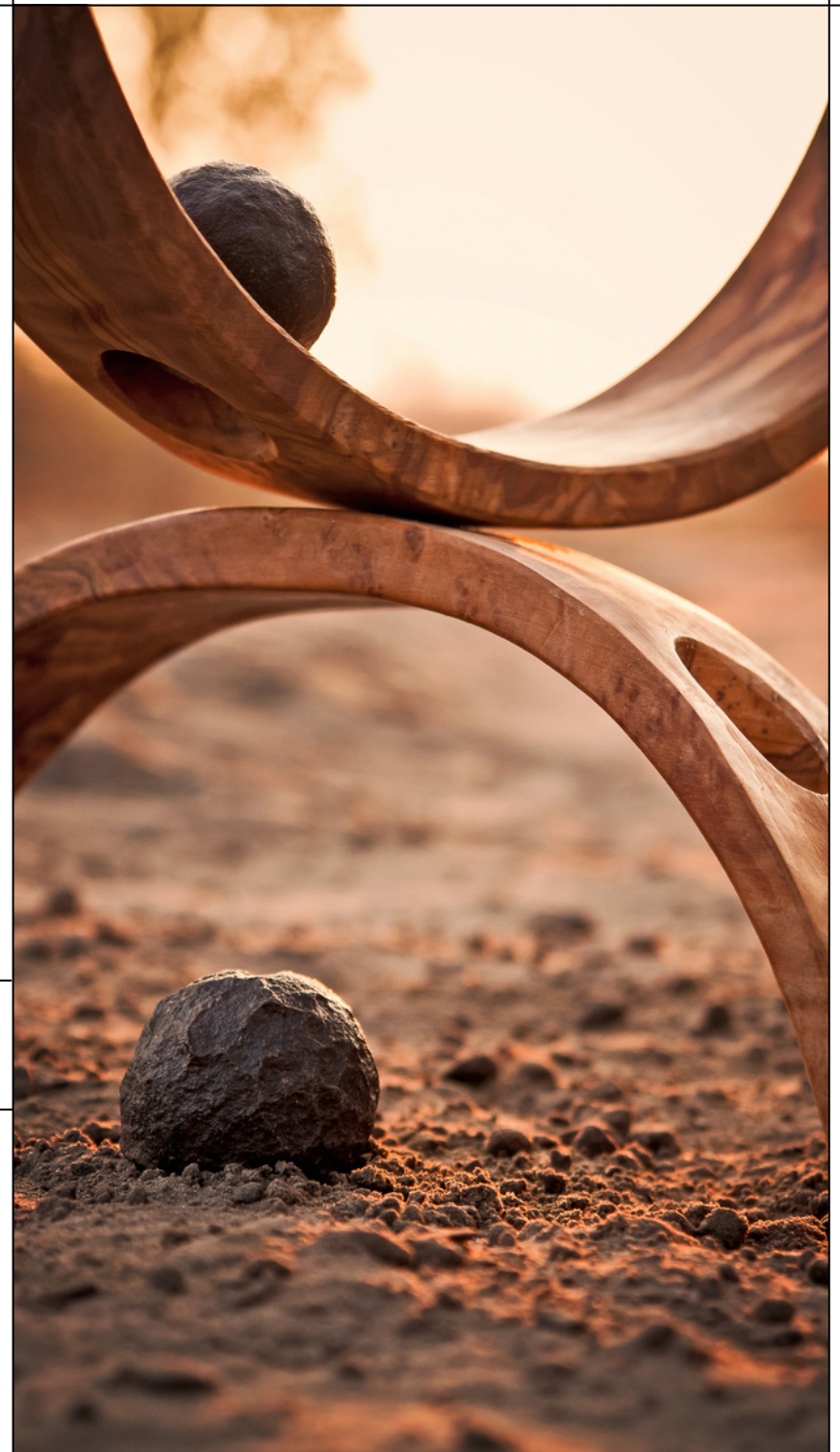


THE DIFFERENCE BETWEEN COACHING AND COUNSELLING

AND HOW THEY CAN WORK
TOGETHER FOR YOU

OLLIN COACHING





The key attributes of coaching include:

- The focus is on the future
- Its about finding solutions
- Achievement and goal oriented
- Partnership between client and coach
- Coaching does not diagnose nor treat mental illness
- Coaches help with clarifying issues, options and plans of actions with clients
- Clients are viewed as having the tools and resources within them to resolve challenges and issues
- Coaches hold clients accountable to live up to their commitments

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw

OVERVIEW

Coaches focus on helping clients come up with solutions to their personal and business problems. They're action-oriented, and utilise strategies that enhances clients problem-solving skills in order for them to successfully resolve their problems and challenges.



The key attributes of counselling include:

- Its typically retrospective, meaning they look into your past
- They want to know "Why" so they can help you develop suitable coping mechanisms
- The focus is on healing a person from the inside out
- They help clients recover from past traumas
- They want to help relieve psychological suffering
- They offer guidance and advice
- They explore cognition and psychological impact on clients' wellbeing

"People with a mental illness aren't mentally weak. In fact, many of them are incredibly strong. And just like everyone else, they possess the ability to create positive change in their lives." - Amy Morin

OVERVIEW

Counsellors help clients who are experiencing mental or emotional problems to develop healthy coping methods. They help clients work through issues such as depression, anxiety, trauma, relationship problems, stress, addiction, and self-image.

Here are two case studies showing how coaches and counsellors can work together to help their clients.

Case study 1

Steve is 38 years old who goes to Andrew for counselling to seek help dealing with alcohol and substance abuse as a result of unresolved trauma from his youth.



Steve also mentions that he has a number of personal and professional goals he would like to achieve. Andrew contacts Adam, a mental health life coach who can help Steve achieve his personal and professional goals.

By working together, Andrew continues to help Steve with his substance and alcohol abuse as well as helping him to come to terms with past trauma. Adam is able to help Steve to begin achieving his list of personal and professional goals.

Adam and Andrew are working collaboratively to support Steve find purpose, wellbeing, healing and success in life.

"An individual can make a difference, but a team can make a miracle." - Doug Pederson

Case study 2

Jo needs help with her business and engages Adam, a mental health life coach, to help her with this. In particular she needs help implementing systems and policies, as well as increasing sales.



During one of their coaching sessions, Jo reveals that she has some mental health issues including anxiety and depression that are impacting her and therefore her business.

Adam recognises that Jo will need the help of a counsellor and refers Andrew to her. Adam has referred numerous clients to Andrew in the past and knows that Jo will be looked after and receive the very best support from Andrew.

Adam and Andrew's collaborative approach ensures that Jo will receive the best help and support with her business as well as managing her anxiety and depression.

*"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." -
Mattie Stepanek*



ADAM MEDAGLIA
MENTAL HEALTH LIFE COACH

Adam Medaglia is a mental health life coach. He was diagnosed with complex post-traumatic stress disorder (PTSD) and is the author of '*WARRIOR: How I Defeated PTSD*', and creator of The Ollin System®.

As a qualified and accredited coach, Adam doesn't want to be known as a life coach. He feels the term doesn't accurately describe his work.

Because of his own struggles, Adam is acutely aware how life's problems can negatively impact a person's mental health, and conversely, the impact mental illness can have in a person's life. So, he works closely with clients to better manage the challenges mental illness can cause in their lives.

It's for this reason he calls himself a *mental health life coach* because he's not only helping clients live with more balance, wellbeing, and success in their personal and professional lives, in doing so he's also positively impacting their mental health.

"The greatest story of your life is still being written. Keep going, believe in yourself and never give up. You can do it."- Adam Medaglia



Your personal and professional success and wellbeing are important. Living with balance, wellbeing and success allows you to live with improved mental health. If you need support please reach out to us today. We can help.

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BALANCE WELLBEING SUCCESS

