

# Difference between a coach and other service professionals

Before you can make an informed choice for the person and service that will benefit you most at this moment, we first have to define the following professions.

<b>Coach</b>	helps clients go from <b>functional to optimal</b> without telling them what or how to do something
<b>Therapist</b>	helps clients go from <b>dysfunctional (trauma/disorders) to functional</b> by following established treatments and prescribing appropriate homework
<b>Consultant</b>	helps clients as a <b>professional problem solver</b> by taking the role of expert and diagnose a problem, determine the cause, analyse possible solutions & sometimes even implement them
<b>Mentor</b>	helps clients who are looking for guidance and advice, by <b>sharing their own (life) experience</b> in similar areas of concern.
<b>Thought partner</b>	helps clients who are looking for someone to <b>bounce off ideas with and who can challenge them</b> by offering a mix of coaching and consulting skills
<b>Sports coach</b>	helps athletes to <b>boost their athletic performance by training them</b> towards competitive advantage, adopting a winning & losing mindset
<b>Facilitator /Trainer</b>	helps students or participants learning something new by <b>taking the role of educator</b> or expert and communicates pre-established content.

