YOUR GOALS

COUNSELING

Focuses on the past

Treats and diagnoses dysfunction

Paid for by Individual COACHING Paid to ask the right questions Tackles difficult issues at work and home

> Focuses on Individual behavioral

change

COACHING

Focuses on the future

Fosters performance within a business

Discover their own path

COACHING

Advises leaders on business matters

Involves management in goal-setting

Paid for by the company

CONSULTING

Paid to come up with answers

Focuses on organizational performance

Paid for by the company

Adapted from: HBR January 2009