

# Coaching Psychology

## Consulting

Paid to provide answers to client

Focused on organisational performance

Objectives based on commercial principles

Paid by company

**Advises individuals and leaders on culture**

**Involves managers in goal setting**

**Based on organisational values**

**Quantitative analysis of problems**

**Future focused**

**Fosters individual high performance**

**Team and leadership development**

**Helps individuals to discover their own path**

**Professionally qualified and accredited**

**Paid by company or individual**

## Clinical Therapy

**Paid to ask the right questions**

**Tackles difficult issues at work and home**

**Focused on individual behavioural change**

**Explores subjective and objective experiences**

Focussed on the past

Diagnoses and treats dysfunctionality and mental illness

Registered with AHPRA

Paid by individual

Theories from  
**Sport, Organisational and Clinical Psychology**