

# FEELING STUCK?

Take this quiz to discover where to turn.

**START HERE:** Do you believe there is something more to discover in your personal or professional life?



For more information about coaching, or to find an ICF-credentialed Coach, visit [Coachfederation.org](http://Coachfederation.org).



## Consider Coaching

A coach could be beneficial for you! ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaches honor the client as the expert in his or her life and work and believe every client is creative and resourceful. The coach's responsibility is to:

- Discover, clarify and align with what the client wants to achieve.
- Encourage client self-discovery.
- Elicit client-generated solutions and strategies.
- Hold the client responsible and accountable.

This process helps clients dramatically improve their outlook on work and life, while developing leadership skills and unlocking potential.

## Consider Consulting

Individuals or organizations retain consultants for their expertise. While consulting approaches vary widely, the assumption is the consultant will diagnose problems and prescribe and, sometimes, implement solutions.

## Consider Mentoring

A mentor is an expert who provides wisdom and guidance based on his or her own experience. Mentoring may include advising, counseling and coaching.

## Consider Psychotherapy

The focus is often on resolving difficulties arising from the past that hamper an individual's emotional functioning in the present, improving overall psychological functioning, and dealing with the present in more emotionally healthy ways. You may find it helpful to know that ICF Members have received training to discern the differences between coaching and therapy and are obliged by our organization's Code of Ethics to refer prospective or current clients to therapists when appropriate.

## Consider Training

Training programs are based on objectives set out by the trainer or instructor. Training also assumes a linear learning path that coincides with an established curriculum.

## Consider Coaching in the Future

Coaching might be the right fit for you in the future. To decide when the time is right, ask yourself the following questions:

- What do I want to accomplish?
- Do I value collaboration, other viewpoints and new perspectives?
- Am I ready to devote time and energy to making real changes?