



# TARA JOHNSON

CERTIFIED LIFE COACH FOR TEENS

THERAPY		LIFE COACHING
The therapist is in charge. The "mental health professional" diagnoses and sets the agenda.	Power	The client is in charge. Coaching works for the client and the client determines the agenda.
"Fix what's broken"	Function	Develops strengths
Feelings and Past Events	Focus	Actions and the Future
Heal dysfunction and pathology; Improve the "being"	Purpose	Focuses on actions and the future
Core beliefs	Depth of Work	Behaviors and skills
Explores the root of the problems	Process	Focuses on solving the problems
The client needs healing	Assumption	The client is whole
Works to bring the unconscious into the consciousness	Path to Success	Works with the conscious mind
Works for internal resolution of pain and to let go of the old patterns	Method	Works for external solutions to overcome barriers, learn new skills and implement them
Therapists deal primarily with answering the question, "Why do I...?"	Questioner and Questions	Coaches ask the questions, "Who are you?" "Where do you want to go?" and "What do you want your future to look like?"

For more info:  
[www.tarateenlifecoach.com](http://www.tarateenlifecoach.com)