

What is Life Coaching?



Topic	Explanation	Core Elements
What is Life Coaching- Integrated Mental Health Counseling?	This approach combines clinical therapy's emotional depth with the practical momentum of life coaching. It bridges the gap between feeling better and actual forward movement by addressing goals, habits, accountability, and progress while providing emotional support and actionable structure.	Emotionally supportive, goal-focused, blends counseling and coaching.
Key Benefits for Clients	Clients experience tangible progress as sessions tie insights to actions. Momentum is maintained through accountability follow-ups, leading to consistent behavioral change that feels natural over time.	Clarity, direction, accountability, and lasting habits.
Core Coaching Skills Used in Counseling	Carefully selected coaching techniques enhance the counseling process. These include active listening, strength-based feedback, motivational questioning, and realistic goal-setting tied to daily behavior for meaningful change.	Active listening, strength reinforcement, goal-setting, questioning to encourage progress.
How Boundaries and Accountability Work	Clinical integrity is prioritized by reserving trauma processing, diagnosis, and crisis intervention solely for therapy. Coaching methods focus on growth and are supported by clear session intentions and follow-up check-ins to ensure accountability.	Defined boundaries, therapeutic focus, clear goals, follow-ups.
Real-World Application	Clients are guided to identify priorities and create achievable weekly plans that integrate	Practical plans, emotional depth, continued growth

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	emotional support with actionable steps. The approach ensures that counseling benefits extend beyond sessions into daily life.	beyond sessions.
Why This Approach Works Best	This integrated method works by combining emotional safety and evidence-based treatments with coaching's structure and momentum. It allows clients to move forward effectively while maintaining support for emotional challenges.	Supportive, structured, empowering, goal-oriented.