

## Coaching

The focus of coaching is about your future: your goals and dreams. Issues, problems and concerns are addressed indirectly, as you focus on your future.

If a person has significant mental health issues, the coach should refer the client to a psychotherapist and or psychiatrist. It would be unprofessional for the coach to ignore those issues. With the referral, and those it becoming under control, it is possible that the coaching can be resumed soon or sometime in the future.

The style of my coaching is fairly similar to my psychotherapy. Structure and Positive Psychology are at the foundation. My orientations are Cognitive-Behavioral, Educational and Psycho-Spiritual. See Dr. Rohrer's Psychotherapy Approach

Life Coaching: The focus is on a moving past your version of the range of common life issues that everyone has, then on to creating your goals and dreams, while increasing your happiness and keeping a balanced and healthy lifestyle.

Performance Coaching: is about

I hope that this has been helpful.

*Tom*