



Webinar Toolkit: January 2022

“What the difference between Counselling and Coaching, how can we use them to set goals?”



Sthembiso Xaba

Kaelo Business Development
Consultant



Tracy Helps

Clinical Social Worker



Lesa Burger

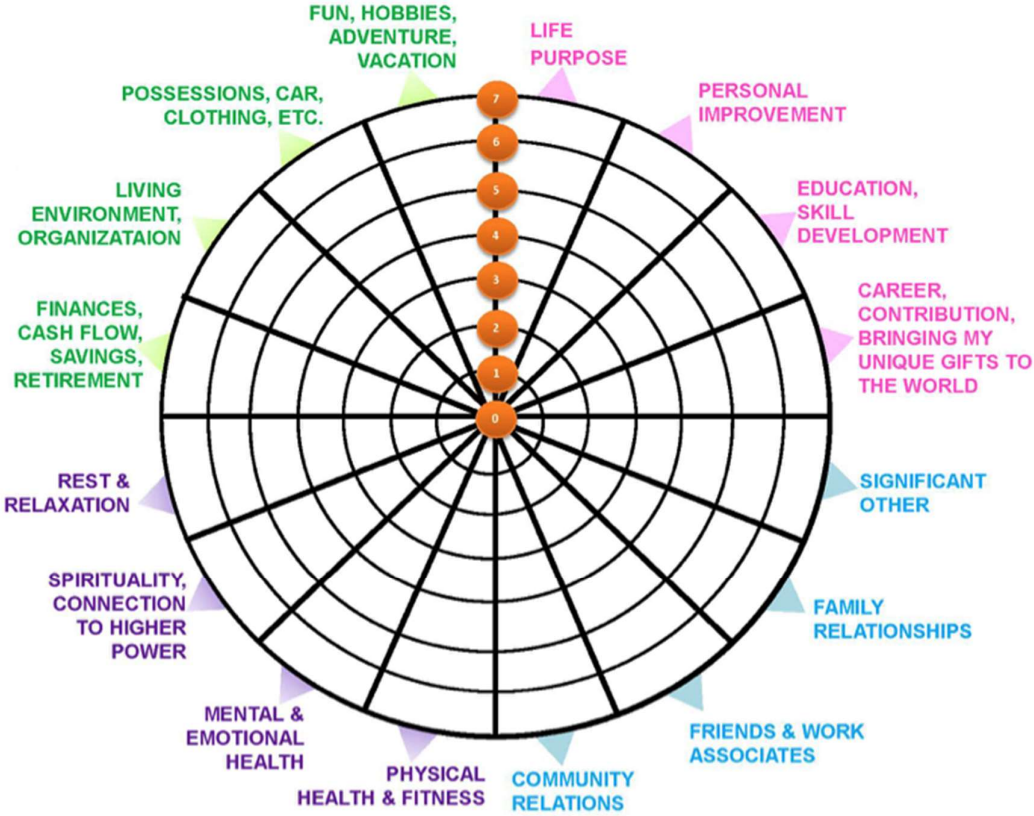
Executive Coach

<p>Counselling (Tool for Coping and Resolving)</p>	<p>Coaching (Tool for Enhancing)</p>
<p>Counselling focuses on what has happened in the past that is resulting in my life right now.</p> <p>Using counselling can assist in talking through the past to resolve past traumas to cope better with future tasks.</p> <p>Counselling assists in treating mental health challenges.</p> <p>Counselling can assist in building personal responsibility.</p>	<p>Coaching focuses on the present and future.</p> <p>Coaching is more learning and development based.</p> <p>Coaching helps the individual identify goals, set the goals and plan a way to achieve them through actionable strategies.</p> <p>Coaching aims to leverage personal strength to maximise personal potential.</p> <p>The focus of coaching is on goals, strategising, action, and accountability.</p>



Life Satisfaction Wheel:

This exercise is intended to help you determine your top priority areas of your life that need improvement at this time and to set goals accordingly. It is important to assess all of the areas of your life in order to determine how to sustain effective health behaviours.



Directions: using a highlighter, fill each section of the circle marked 0-7 out to your level of satisfaction for that category. 0 = unsatisfied, 7 = completely satisfied.



Setting SMART Goals:



My affirmation of the day/week: “ ”

My family goals:	My friend goals:	My mental health goals:
<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
My spirituality goals:	My work/school goals:	My financial goals:
<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

What steps do I need to take to achieve this goal?

STEP 1:	STEP 2:	STEP 3:

<p>Why do I want to accomplish this goal? <hr/><hr/></p> <p>How long will it take to reach my goal? <hr/><hr/></p> <p>What help do I need? Who can help me achieve this goal? <hr/><hr/></p>	<p>Is my goal Specific, Measurable, Attainable, Relevant, Time-Specific?</p>
--	--