All That I AM
Positive Psychology Practitioner

COACHING	THERAPY
Support clients with their present and futures.	Supports clients generally with their past and present.
Does not work within the story of the client - they take the client as they are in their current moment.	Works within the client's story.
Teaches tools and methods so that clients can empower themselves.	Teaches coping-orientated strategies to deal with client's issues.
Is action focused with clients.	Focuses on you finding peace with yourself and your life.
Is about moving forward in life, rather than dealing with the past.	Is situated around working with personal development, family dynamics and mental health.
Focuses on client's potential.	Identifies mental health concerns or trauma.
Is about belief systems, emotions, thoughts and actions.	Is about belief systems, emotions, thoughts and actions.
Supports clients with their thinking processes and increasing introspection.	Supports clients with their thinking processes and increasing introspection.
Does not work with clients in crisis.	Works with clients with crisis.
Clients who are looking for homework, self-improvement, communication improvement, and accomplish goals.	
Clients are looking for support following therapy.	
Clients are looking to rediscover who they are post children move out, divorce, older women, late diagnosis neurodivergence.	
Clients who do not find traditional therapy helpful.	
Clients who are looking to develop a healthy lifestyle or in need of support to follow one.	
Clients who are looking to explore their spiritual ideologies.	