

<h2 style="text-align: center;">Traditional Coaching (Transactional)</h2>	<h2 style="text-align: center;">Ontological Coaching (Transformational)</h2>
Traditional coaching is focused on what you are doing	Ontology is the study of how we are <i>being</i>
Takes you from A - B	Intertwined & multi-dimensional A - X - C - Z
Focus on goal, or immediate challenge	Listens for the interpretation & what is not being communicated
Tactical, strategic & linear	Uncovers hidden, suppressed, or dormant potentialities
Logic & analytical	Intuitive & rational
Coaches on perspectives & interpretations to create action	Alters perspectives & interpretations before taking action
What needs to be fixed	What is possible
Enquires	Creates & facilitates an inquiry
Focuses on “what makes you happy”	Focuses on “How are you fulfilled”
Coaches on the persons assumptions	Uncovers invisible assumptions
Tells, shows, guides, pressures towards an outcome	Observes, offers, asks, requests a self-authoritive declaration
Coaches what is <i>now</i> to effect the communicated & agreed goal	Takes time to understand cultural, familial & historical narratives
Works on current interpretation of persons goals & creates KPI's & other measurements	Offers the space to examine persons goals & creates a broad exploration & greater awareness around whether or not their goals serve them

© Filimon Filippou