



## **MENTAL HEALTH COACH**

## **THERAPIST**

***Ask What Is Possible ?***

***Ask What Is The Problem?***

***Do not diagnose or offer professional care or treatment for mental health***

***Can diagnose or offer professional care or treatment for mental health***

**Action-oriented and build new habits maintain stability**

**Creates a treatment plan to manage mental health symptoms**

**Emphasis on improving one's present life and reaching future goals**

**Explore the past to heal present life**

**Coaching Is an additional resource  
It is not an alternative to therapy**

**EMBRACE YOUR UNIQUENESS TO LEAD YOUR STORY**

## **CONTACT**

**[nplambeck@agilemindfulness.org](mailto:nplambeck@agilemindfulness.org)**

**[www.agile-mindfulness.org](http://www.agile-mindfulness.org)**