

## Career Counseling vs Career Coaching (vsdiff.com)

Aspect	Career Counseling	Career Coaching
<b>Focus</b>	Identifying skills, interests, and passions to inform career choices	Setting specific goals and creating actionable plans to achieve them
<b>Approach</b>	Guidance-oriented; often includes assessments and testing	Action-oriented; emphasizes accountability and personal responsibility
<b>Time Frame</b>	Usually long-term; may last several sessions over weeks or months	Often short-term; focused on immediate goals and outcomes
<b>Target Audience</b>	Individuals seeking to explore their career options	Professionals looking to enhance performance or transition careers
<b>Tools Used</b>	Career assessments, aptitude tests, and personal evaluations	Goal-setting frameworks, performance metrics, and action plans

Source: <https://vsdiff.com/career-counseling-vs-career-coaching/>