

LEARNING TO RIDE A BIKE Through the Lens of Various Professions and Roles

To assist you in understanding the primary distinction between Coaches, Consultants, Mentors and Psychotherapists, we have reviewed the scenario of learning to ride a bike. Let's say you want to learn how to ride a bike. You could choose one or all four methods of support, depending on your personal needs and interests:

Consulting

You might decide on a consultant if your primary goal is to become proficient at riding the bike and to learn everything you can about the bike's mechanics. Most likely, your consultant will have a long history of bike riding, perhaps competitively, as well as experience in assembling a bike from scratch. The process of learning to ride the bike and learning all about the mechanics of bikes may be arduous, but you will receive the best advice on how to get the job done.

Mentoring

A mentor might be helpful if you understand the mechanics, but would feel comfortable if you could see how someone else rides a bike. Perhaps your neighbor has impressed you for years with his/her preparation, distance ridden, trips taken and friends made over time. Perhaps you want to learn to bike exactly as he/she did, join the same bike club and learn how to network with other biking enthusiasts.

Counseling

You might decide on a psychotherapist if there are some very good reasons you don't already know how to ride the bike. Or, perhaps, you tried bike riding in the past and had an unpleasant experience. So, now, you would like to overcome your fear of riding a bike or explore why it's difficult for you to get on your bike although you already know how to ride.

Coaching

You might decide on a coach if you already have a successful track record in general and are interested in learning to ride, in your own style, with the least amount of time and energy. Your coach would encourage you to get on the bike while running alongside or past you, looking for potential obstacles in your path, while encouraging you to enjoy every moment.

Jennifer Corbin, Professional Certified Coach, supports people who want to achieve their goals with the least amount of time, energy, money and stress. To learn more about The Balance Studio's coaching services, coaching retreats and products, visit www.TheBalanceStudio.com. Schedule your complimentary coaching session by calling 1-877-700-0996.