

THE BENEFITS OF A HELLOHEALTH COUNSELOR VS. A COACH

	HelloHealth Counselors	External Executive Coaches
EDUCATION REQUIREMENTS	Master's degree in clinical mental health counseling from a CACREP-accredited program	None required by law
EDUCATION CONTENT	Career development, crisis, trauma and grief, addiction, human growth and development, cultural issues, group counseling/group work, ethics, psychopathology and diagnosis, counseling skills, research and program evaluation	Life coach training organizations do not need to be accredited by a governing body because there exists no accrediting institution in the field of life coaching; there is no license required to be a life coach
TRAINING	Complete practicum and internship to graduate with 600 supervised hours	None required by law
TEST REQUIREMENTS	Pass the National Counselor Exam and CPCE to graduate	None required by law; International Coaching Federation requires completion of the Coach Knowledge Assessment
POST-GRADUATE WORK EXPERIENCE	3,000 hours under direction and supervision for minimum of three years post graduation	None required by law
BOARD CERTIFICATION	National Board of Certified Counselors (nbcc.org/certification/ncc)	No specific licensing or certification requirements; International Association of Coaching (IAC) and the International Coach Federation (ICF) are the two best-known organizations that provide certification options to those who wish to pursue it
LICENSING	Required in all states; governed by Georgia Board of Professional Counselors, Social Workers, and Marriage & Family Therapists	None required by law
CERTIFICATIONS	Certifications are given based on additional training (e.g., maternal mental health, EMDR, trauma, cognitive behavioral therapy, etc.)	None required by law; can be obtained through ICF if desired; most programs are certificate-based and can be completed in anywhere from two weeks to one year; approximately 60-250 hours of coaching required to be IAC or ICF certified (certifiedcoach.org/certification/) (becomea.coach/find-coaching-education/)
CONTINUING EDUCATION REQUIREMENTS	35 hours a year	Legally no continuing education requirements; opportunities available through organizations like ICF
CERTIFICATION RENEWAL	NBCC renews every five years; applicants must have completed 100 hours of continuing education in that time frame	None required; IAC membership requires maintenance of membership

ADDITIONAL BENEFITS OF A HELLOHEALTH COUNSELOR

<https://rules.sos.ga.gov/GAC/135-5>

- Evidence-based curriculum
- Coaching according to a proven process for personal growth and development
- Integration with clinicians as part of holistic care team
- Proactive outreach

