



COACHING SERVICES

COACHING WITH ON THE MARGINS

On the Margins (OTM) offers one on one coaching sessions for individuals who are interested in enhancing or improving a specific area of their lives, be it personal, social, academic, or professional.

Coaching sessions with OTM offer a virtual gathering place where an individual and a wellness coach can gather for connection, care, and accompaniment for 50 minutes. Once coaching sessions are booked, OTM coaches work to create welcoming conditions for strategizing practices to sustain health. Sessions focus on healing and solution-focused practices to deepen and sustain an individual's personal, social, academic, and professional wellbeing and goals. The coaching services provided by OTM do not constitute behavioral health treatment, counseling, or the practice of psychotherapy. A referral will be offered if these services are needed or requested.

To learn more, read below to see what coaching can offer you and how it differs from other self-improvement services, specifically, psychotherapy. Although coaching and therapy share some key characteristics and skills, they are nonetheless quite different and it is important to be aware of the differences.

Who is coaching for?

Coaching clients are those who are looking to strategize ways to optimize their performance. Interactions during a coaching session are more solution and action oriented rather than process oriented. Coaching is not for individuals in crisis. If you or someone else is in crisis, please call the National Suicide Prevention Lifeline at 800-273-TALK (8255).

What does a coach do?

A coach supports an individual in reaching a specific personal, social, academic or professional goal by providing training, guidance, and accountability. The coach is not a subject expert, but is focused on helping the person tap into their own generated solutions, strengths, sources of support, and potential.

What will coaches not provide?

Coaches do not treat or diagnose any mental health disorder. Coaching does not involve treatment planning or comprehensive psychological evaluations or assessment. Coaches will not explore or resolve the deeper underlying issues that cause serious mental health concerns.

How do coaching clients differ from therapy clients?

People who seek therapy are often, but not always, struggling with a mental health, interpersonal or psychological concern that is causing distress in their life. The focus on coaching is on creating conditions in which an individual can self-generate ideas to maximize their personal, social, academic, and professional potential.

What does a therapist offer that a coach doesn't?

A therapist can help identify a presenting illness, offer a diagnosis, treatment planning, and comprehensive assessments. Therapy may involve talking about how past traumas or psychological wounds impact how a person is feeling and functioning in the present.

Our Name

Our work centers the struggles of those who lie on the margins of society. Inspired by Dr. Kimberlé Crenshaw's article "Mapping the margins: Intersectionality, identity politics, and violence against women of color," we exist at the intersection of feminism and anti-racism to de-marginalize the margins.

Mission

Our mission is to collaborate with others to design and implement anti-racist, equitable, and affirming programs, practices, initiatives, and policies. We strive to do this through love, commitment, political action, and freedom dreaming.

Our Vision

We envision a world without prisons and borders that centers racial, gender, economic and ecological justice; that is pro Black Indigenous Womxn of Color and Trans communities; and that cherishes pleasure and imaginative exploration.

Our Philosophy

Engaged in solidarity with communities on the margins of society, we address social disparities with love, commitment, and respect.