

Coaching v Mentoring

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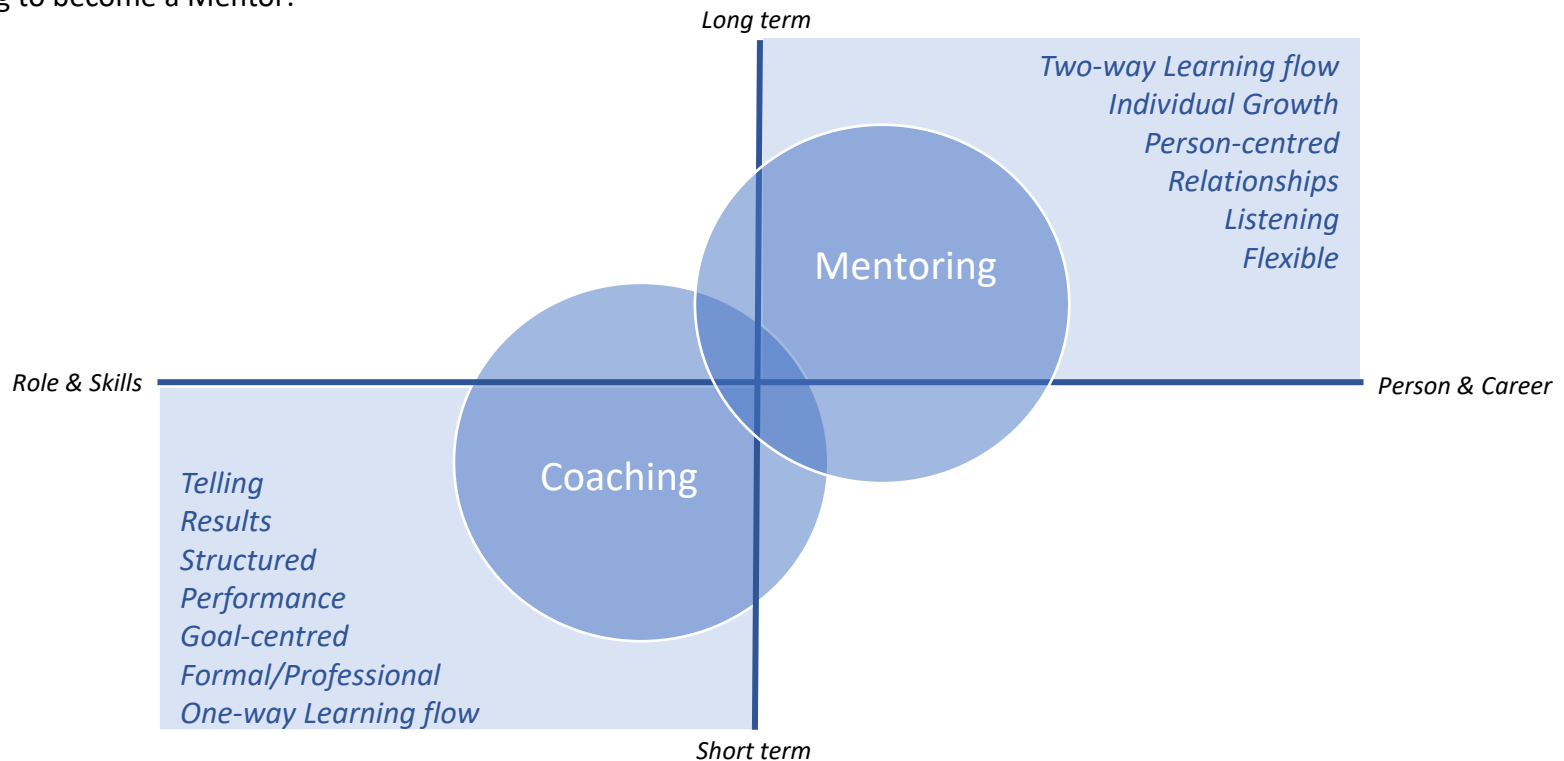
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The differences between Coaching and Mentoring need to be understood by those considering either wishing to engage with a Mentor or wishing to become a Mentor:



Mentoring and coaching are not the same but they have similarities. While the mentoring process is performed with time and includes person-centred development, mutual interest and a longer-term perspective. Coaching, requires a focus on performance, complete fulfilment of a set task or goal, is more formal and structured and considered concluded once the goal has been achieved.

The global, virtual mentor programme that connects professionals from across all sectors and professions. Share knowledge, ideas and develop professionally.

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