

Coaching and Mentoring

Course learning outcomes

The learner will be able to:

- a) Understand the importance and relevance of coaching and mentoring within an organisation.
- b) Develop a sense of self awareness, self management, and self criticism, in order to be properly able to coach and mentor.
- c) Question mentees appropriately and in a way which will elicit the most productive and effective answers.
- d) Establish a certain level of rapport between coach/mentor and mentee through appropriate communication methods.
- e) Understand the need to communicate in different ways to different people depending on the type of personality they exhibit.
- f) Explain themselves in a more clear and efficient way in a coaching and mentoring scenario.

