

MENTORING

Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person

HOW IS MENTORING DIFFERENT FROM COACHING?

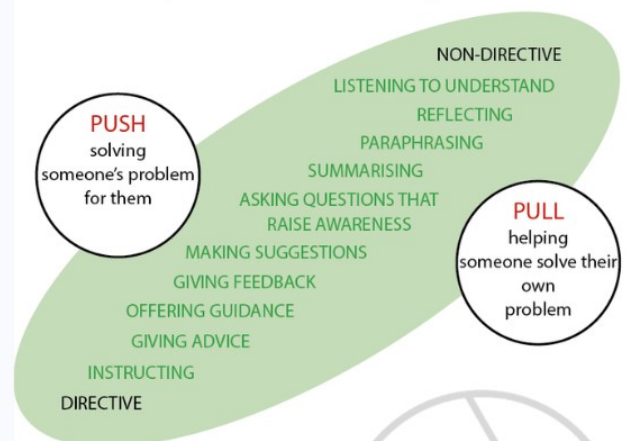
- The mentor uses more directive coaching skills
- Advice and expertise is shared freely
- The mentor is usually more senior than the mentee

Mentoring implies a master/apprentice style relationship

MENTORING THEMES

- LEADERSHIP STYLES
- CAREER PROGRESSION
- CONFLICT / OFFICE POLITICS
- CONFIDENCE
- INNER CRITIC
- RESILIENCE
- AND MORE!

The Spectrum of Coaching Skills



Full Frame Coach
create.inspire.develop