

THE OVERALL PURPOSE OF COACHING IS TO PROVIDE HELP AND SUPPORT FOR PEOPLE IN AN INCREASINGLY COMPETITIVE AND PRESSURISED WORLD IN ORDER TO HELP THEM:

- DEVELOP THEIR SKILLS
- IMPROVE PERFORMANCE
- MAXIMISE POTENTIAL

Coaching and mentoring are learning relationships which help people to take charge of their own development, to release their potential and to achieve results which they value.

Coaching is a collaborative, solution-focused, results-oriented and systematic process in which the coach facilitates the enhancement of work performance, life experience, self-directed learning and personal growth of the coachee.

Mentoring is off-line help from one person to another in making significant transitions in knowledge, work or thinking.

MENTORING IS AN ESSENTIAL AID TO STAFF DEVELOPMENT WHICH CALLS FOR A PERSPECTIVE THAT LOOKS FOR FUTURE POSSIBILITIES.

Mentoring revolves more around the development of the mentee in a professional way whereas coaching is about a specific development area or issue.

