

Coaching and Mentoring

Course Overview

This course will introduce students to coaching and mentoring, including defining coaching and mentoring, setting goals, understanding the realities, developing options, wrapping it all up, the importance of trust, providing feedback, overcoming roadblocks, reaching the end, and how mentoring differs from coaching.

<u>Module 01 - Getting Started</u>	2m
Getting Started	
<u>Module 02 - Defining Coaching and Mentoring</u>	5m
Defining Coaching and Mentoring	
Case Study	
<u>Module 03 - Setting Goals</u>	7m
Setting Goals	
Case Study	
<u>Module 04 - Understanding the Realities</u>	5m
Understanding the Realities	
Case Study	
<u>Module 05 - Developing Options</u>	6m
Developing Options	
Case Study	
<u>Module 06 - Wrapping it All Up</u>	5m
Wrapping it All Up	
Case Study	
<u>Module 07 - The Importance of Trust</u>	4m
The Importance of Trust	
Case Study	
<u>Module 08 - Providing Feedback</u>	5m
Providing Feedback	
Case Study	
<u>Module 09 - Overcoming Roadblocks</u>	5m
Overcoming Roadblocks	
Case Study	

Module 10 - Reaching the End

5m

Reaching the End

Case Study

Module 11 - How Mentoring Differs from Coaching

8m

How Mentoring Differs from Coaching

Case Study

Total Duration: 58m