

MindMeld's Coaching – what you need to know to get the best out of coaching

Coaching is a structured conversation where the coach brings a process and meaningful questions to find and uncover solutions that already exist within you.



Coaching helps you be your best self



The Differences Between Coaching at Work and Mentoring

Key Points	Coaching at Work	Mentoring
Who they are:	A trained and qualified coach	An established leader. A person at least two levels up in the same organisation or allied industry.
Purpose:	Help clients find their own solutions.	Suggest actions or provide advice to mentees from their own career experiences.
Tools:	Coaching specific, and research based.	Wisdom from own career experience.
Relationship:	Professional.	Professional.
Payment:	Yes.	No.

