Brenda Ratcliff <u>Brenda@mindmeldcoaching.com</u> 021847727 Kristan Johnston <u>Coach@mindmeldcoaching.com</u> 0274993052 <u>© MindMeld® 2023</u>

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.







The Differences Between Coaching at Work and Mentoring

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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.

1. 4. Goal focused. Talk about goals. Honest feedback. You feel listened to, Uses models and cared for, safe, and tools understood. What you can Keeps records. You can be expect from Cares about you. vourself, values are your coach Ethical practice. aligned. Confidentiality **Understand** your context. 2. Your What your Coaching coach can **Coaching Fit** Relationship expect from you 2. You are Get clear on your responsible for goals for the 3. your results, so use session. the tools they How to Review last time's show you. notes. prepare Do vour Journal in-between homework. Do your homework

Prepare. Turn up.