

Critical Coaching Skills

Assignment 3

Total Marks: 30

Q:1: Short Questions: (24)

- I. How can you help your mentee to identify and set their goals?
- II. What does the term SPIRIT stand for?
- III. What are the SPIRIT goals? How does this approach help to set goals?
- IV. What is adult learning? How is adult learning different?

Q:2: What are the key principles of adult learning? (6)