

Introduction to Coaching and Mentoring

Assignment 1

Total Marks: 30

Q: 1: Short Questions.

(15)

- I. What is the difference between coaching and mentoring?
- II. Who is a mentee?
- III. What are the three elements of coaching?
- IV. When do you know it is time to give up on coaching an employee?
- V. Generate some opening sentences for your coaching conversation.

Q:2: What are the key coaching skills.

(7)

Q:3: Which of the competencies listed are most important in your coaching role: communication, helping, teaching, mentoring, and/or challenging? (8)