

# COACHING AND MENTORING



## Coaching & Mentoring

Mentoring is a developmental partnership through which one person shares knowledge, skills, information, and perspective to foster the personal and professional growth of someone else. Our program provides tools for designing and planning, tools for management of the program, tools to structure effective program operations, and tools to evaluate criteria and methods.

Coaching is a professional relationship between two individuals (the coach and the client) that assists one individual (the client) in achieving personal and/or professional goals in an accelerated manner. Once a relationship is established, coaching sessions continue by phone or virtually.

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