

## Coaching and mentoring at work: developing effective practice

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### Abstrak

pt. 1 Effective coaching and mentoring. What is effective coaching and mentoring at work? --

How can I be an effective coach or mentor? --

How can I be an effective client? --

pt. 2 Coach and mentor development. What is reflective practice and supervision? --

How can I be reflective in practice? --

What about training and accreditation? --

pt. 3 Model, tools, and techniques. What Is The Skilled Helper model? --

How Is The Skilled Helper used in practice? --

What are some useful tools and techniques? --

pt. 4 Coaching and mentoring practice. What are some ethical issues? --

What are frequently asked questions? --

How is a coaching and mentoring culture developed?