Mentor and coaching

[Name of the Writer]

[Name of the Institution]

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**Coaching and Mentoring**

There is a difference between coaching and mentoring. Each teaching method approaches the learner differently.

Coaching is focused on task and performance, and the coach will give feedback on specific observed performance to maximize efficiency. Coaching is adopted in the workplace, and the coach will measure the performance of learner on a regular basis to analyze the improvement. Coaching depends on tasks and is short termed because it will depend on the availability of the tasks.

Mentoring is focused on building the capability of the learner and helps the learner to find the solution for their problem on their own. It helps the learner to encourage them to develop themselves into their professional as well As personal goals. In the mentoring mentor does not act as an authoritative figure. Mentoring is based on the relationship and lasts for a long time.

**The particular situation for both Coaching and Mentoring**

Coaching is useful when a limited number of learners want to increase their working capacity through the improvement of skills. It is also used when a person is trying to learn something new or when a new system is introduced to a company or institute. It is also useful when a company or an institute is working to develop the skills of their employee in a specific area.

Mentoring is useful if a person or company wants the balance of both personal and professional life. Mentoring is also used when a learner is trying to get better in a specific skill set by increasing the skill level of already developed skills. Mentoring is also helpful in transferring a unique set of skills from one person to another effectively.

**My experience**

I will prefer mentoring over coaching because it offers a friendlier learning environment compared to coaching. I have experience with both mentoring and coaching. When I was playing football, I had a coach that acted as an authoritative figure during our training and was focusing on training us directly through his experience. My writing skills were weak for which I had experience with mentoring, and my teacher became my mentor. The relation was more personal and learned on my own accord through the help of my teacher.