Mentoring vs Coaching

Mentor

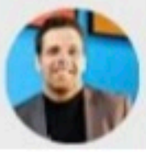
- Offers direction based on their path
- Shares wisdom from their experience
- Gives advice
- Talks 80% of the time
- Advises from expertise
- Anchors in their past
- Brings opinions and bias
- Offers general insights
- Assumes similar paths
- Transfers what they know
- Shares shortcuts
- Helpful in context

Coach

- Guides you to discover your path
- Helps you unlock your own potential
- Asks the right questions
- Listens 80% of the time
- Empowers through reflection
- Anchors in your potential
- Creates non-judgmental space
- Drives deep, actionable change
- Tailors every step to your context
- Unlocks what you know
- Builds lasting self-trust
- Transformational across contexts

According to the International Coaching Federation: Coaching Increases:

Found this valuable? Follow **Luca Senatore**



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