



THE UNIVERSITY OF THE WEST INDIES  
GLOBAL CAMPUS  
**Consortium for Social Development and Research**  
SOCIAL WORK TRAINING AND RESEARCH CENTRE

# MENTORSHIP & COACHING TECHNIQUES

## Workshop



### Modality

Online



### Duration

6 hours



### Certificate

Achievement



### Cost



### Start Date



### Continuing Education Units

0.6 CEU

The Mentorship & Coaching Techniques workshop aims to help participants to prepare mentorship programmes for work, church, community and personal interactions. Participants will be exposed both to theory and practice on developing relationships with clients and mentees to enhance their personal and professional growth.

## Objectives

1. Explore the benefits of mentorship and life coaching
2. Differentiate between mentorship and life coaching
3. Improve communication and goal setting skills
4. Explain and develop techniques in managing relationships and giving feedback

## Entry Requirements

1. There are no academic requirements to participate in the learning session.
2. Participants should have access to the internet and a computer/tablet/smartphone with the Zoom app downloaded.

## Topics

1. Distinguish Mentoring and Life Coaching from other Developmental Relationships
2. Life Coaching
  - a. Purpose
  - b. Characteristic of Effective Life Coaches
  - c. Life Coaching Stages and Approaches
3. Mentoring Tools & Techniques
  - a. Selection and Matching of Mentors and Mentees
  - b. Goal Setting
  - c. Networking
  - d. Building Self-Efficacy
4. Relationship Management
  - a. Characteristics and Responsibilities of Mentor and Mentee
  - b. Communication Techniques
  - c. Common Pitfalls to Avoid
5. Evaluating Mentorship & Coaching Experiences

## Evaluation & Certification

Participants will receive a Certificate of Achievement upon successful participation in the workshop and earning 50% or higher on the following assessments.

1. Case Study Reflection	40 %
2. Online quiz	60 %
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	100 %