

What are the benefits of mentoring and coaching?

Both life coaching and mentoring involve a willingness to learn, grow, and adapt. Many of the effects of coaching or mentoring come from applying knowledge obtained from social science research. For example, the Self-Determination Theory of Motivation is “the end game of coaching.”

Value of coaching and mentoring.

Coaching and mentoring associates makes them more valuable to your organisation by **developing and enhancing their skills—both** professionally and personally. By being interested in the growth of your team, you're showing them that you care about their progress. And this can increase their loyalty to you. Some businesses coach and mentor.

