

# **ADL564 Coaching and Mentoring: Practice & Applications**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

ADL564 Coaching and Mentoring: Practice and Applications introduces coaching and mentoring to students with the aim to promote an understanding of how coaching and mentoring can be conducted in professional settings. Through the course, students will appreciate how coaching and mentoring is an avenue to encourage growth and development in training and learning settings.

## **Topics:**

- Defining coaching and mentoring
- Genealogy of coaching
- Divergence of Practice
- Coaching and mentoring process
- Developing core coaching skills
- Models of Coaching
- Understanding learning and transformation
- Coaching in professional contexts
- Towards a coaching and mentoring culture
- Introducing coaching and mentoring into an organization
- Professionalization and ethics
- Future directions

## **Textbooks:**

: An Introduction to Coaching (eText) SAGE Publications Ltd  
ISBN-13: 9781446241257

**Learning Outcome:**

- Examine the process of coaching and mentoring.
- Evaluate coaching, mentoring and other supportive interventions, and identify their differences.
- Analyse the importance of professionalism and ethics in the coaching and mentoring process and relations.
- Appraise the suitability of coaching and/or mentoring in a given context.
- Construct an understanding of the core coaching skills.
- Design an effective and appropriate coaching and/or mentoring plan.

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>