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W.O.W. -- WOMEN ON THE WEB: Web Resources on Coaching and Mentoring

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Abstract (Document Summary)

If you are looking for resources on coaching and mentoring, an excellent site to go to is www.adulted.about.com/cs/coachingmentoring1. This site has a list of associations such as Coaching & Mentoring Network (CMN), International Coach Federation (ICF), and Mentors Forum. In addition, look at the list on the left of the screen and click on Coaching/Mentoring. This will produce a site with three listings: Coaching, Mentoring, and Directory of Trainers, Coaches & Consultants. Clicking on "Coaching" will provide you with lots of information on coaching such as "Coaching Q&A," "Tips for Effective Coaching," "Are you Coachable?" "FAQ (frequently asked questions) about Coaching," "How to Select a Coach," and "What is Coaching?" Also check out "Ask What, Not Why," which is an excerpt from coach Laura Berman Fortgang's book, *Living Your Best Life: 10 Strategies for Getting from Where You Are to Where You're Meant to Be*. Clicking on "Mentoring" also provides you with lots of valuable information such as "Discovering Mentoring," "Learn about Mentoring," "Mentoring Fact Sheets," and "New Perspectives on Mentoring."

Full Text (533 words)

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What is the difference between coaching and mentoring? To find out, go to the Web site of the Center for Coaching & Mentoring (www.coachingandmentoring.com), click on Free Resources, then click on Newsletter Articles. There you will find an extensive list of articles, one of which is "Coaching, Mentoring: Is there a difference?" by Matt M. Starcevich, Ph.D. This article contrasts coaching and mentoring using the following categories: focus, role, relationship, source of influence, personal returns, and arena. Other articles by the same author are: "Finding A Coach" and "Coaching or Counseling." Other suggested reading includes: "Coaching and Contented Cows" by Bill Catlette and Richard Hadden and "Why Coaching?" by Mike Akin.

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At www.speaking.com/articles_html/PattyHendrickson_158.html there is an excellent article called "Mentoring and Coaching - Priceless Skills Comfort Zone" by Patty Hendrickson. Hendrickson states that "Organizations, both non-profit and for-profit, are realizing the tremendous value of mentoring and coaching to build leaders. These skills are invaluable."

"Picture yourself living your personal/career dream. Now, what has to happen for you to step into that dream?" These words are from Executive Coaching, Inc. (www.mycoach.com), a site that gets you started by asking you a series of questions: What do you want? When do you want it? How will your life be different when you get it? While you're at this site, sign up for the weekly newsletter, My Coach's Notes. You can view the newsletter by clicking on the phrase, "There is a small archive of past issues at Newsletter." From the topics listed, I recommend "Focused Dreams," "Playing to Your Strengths," "Opportunity Costs," and "Career Enhancement." The latter has a list of techniques that can definitely enhance your career.

At www.mycoach.com/notes/focuseddreams.htm after the article "Focused Dreams," I found this quote by H. Jackson Brown: "Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."

Happy surfing!

Geraldine Mosher is a a freelance writer and member of SWW, as well as a computer consultant and trainer. Her business is Your Computer Tutor, 296-4042. She provides on-site training for businesses or individuals.

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