Mentoring and Coaching

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The purpose of this course is to distinguish the difference between a mentor and a coach and how to shape these relationships. A discussion of the utilization of learning contracts to help in this process is also discussed. Exercises are included to help the learner understand how to use a learning contract and how to choose a mentor or a coach.

Learning Objectives

• Distinguish between mentoring and coaching
• Develop strategies for picking a coach or mentor
• Learn to develop a learning contract
• Identify the steps in structuring a coaching relationship
• List the benefits of coaching and mentoring relationships

Competencies

• Identify limits to own knowledge/skill/authority and identify key system resources for referring matters that exceed these limits.

* Bioterrorism and Emergency Readiness

• Identifies the individual’s and organization’s responsibilities within the context of the Essential Public Health Services and core functions
• Attitude: Develops a lifelong commitment to rigorous critical thinking

* Council on Linkages – Core Competencies for Public Health Professionals

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