# Short Learning Programme on MENTORING AND COACHING

(Proposed NQF 7)











NORTH-WEST UNIVERSITY YUNIBESITI YA BOKONE-BOPHIRIMA NOORDWES-UNIVERSITEIT



# Short Learning Programme on MENTORING AND COACHING

(Proposed NQF 7, Credit points 6)

### DESCRIPTION

When you were a child, you may sometimes have wished you had an older, wiser friend whom you could trust, whom you could go to for advice or share your triumphs with, who could perhaps just give you a shoulder to cry on or act as a bouncing board for ideas you had – in short, someone who would listen, a patient confidant for the good and the not-so-good days.

Many successful and famous people who have significantly contributed to the world had the benefit of a mentor or coach, without whom they would not have been who they were, done what they did or had what they had. Indeed, the world would be a much poorer place if the concept of mentoring had not occurred. Very few successful people are actually 100% self-made (Merlevede & Bridoux, 2008).

Participants will be assisted and supported to manage their own learning experience and that of their colleagues and to guide their learning and recognise and utilise opportunities for development in the workplace.

### **OUTCOMES**

# Upon completion of the short learning programme, the attendant should:

- Use, integrate, and practically apply a solid, well-rounded and systematic knowledge base of key terms, principles and theories and master the application of research methods, techniques and technologies appropriate in the field of mentoring and coaching, to analyse case studies and/or undertake research and write up a research report and/or compiling and reviewing development plans;
- Use *information retrieval skills* (identification, critical analyses, synthesis and independent evaluation of quantitative and/or qualitative data) to *undertake a study of the literature and current research* in the field of **mentoring and coaching to develop and implement a mentoring program at work**; and
- Operate effectively in a mentoring relationship.

### OUTLINE

- Key terms, principles, theories, techniques and technologies appropriate in the field of mentoring and coaching such as:
  - the advantages of mentoring, education and trainingrelated legislation applicable to mentoring, responsibilities of role-players involved and documentation in the mentoring process, the mentoring relationship, assessing development needs and reviewing development plans;
- Essentials of the mentoring relationship;
- Factors impacting on the mentoring relationship;
- Developing a mentoring programme;
- Implementing a mentoring programme; and
- Obstacles faced by mentors and mentees.

"We make a living by what we get, but we make a life by what we give." Winston Churchill -

# **LEARNING METHODS**

The short learning programme is learner-centred, practice-based and will involve discussions drawing on the experiences of participants. This is facilitated through exercises, case studies and practical examples. Facilitation of the short learning programme is directed at the development of the necessary skills, and knowledge for the development and successful implementation of a mentoring programme at work.

# **TARGET AUDIENCE**

Managers, supervisors and subordinates who wish to charge and optimise their own learning experience as well as that of their colleagues.

# FACILITATOR

Prof LTB Jackson (Registered IO Psychologist), MBA; PhD

### **ENROLMENT**

#### Duration

The short learning programme is delivered in three days

#### Dates To be confirmed

Venue To be confirmed

Price Available on request

#### To apply

E-mail: Morne.vandenBergh@nwu.ac.za Contact details: 018 299 1636



### Short Learning Programme on MENTORING AND COACHING APPLICATION FORM

#### Applications must be accompanied by:

- Proof of highest qualification achieved
- Two clear recent passport-size photographs
- A letter from the participant's employer in which:
  - the employer certifies that the participant meets the requirements; and
  - the employer grants permission for the participant to participate in the programme
- A certified copy of your Identity Document.

#### We look forward to your participation in our programme.

#### Application for admission to the SLP on Mentoring & Coaching

- Strictly confidential
- Please complete in type or print-hand

#### A. Personal information

Initials and surname		Title
Names	Nickname	
ID no.	Date of birth	Y Y Y Y M M D D
Home address		
		Postal code
Tel no. (H) Area code No.	Cell no.	
Nationality		
E-mail		
Postal address (if different from home address)		
		Postal code
Work address		
		Postal code
Tel no. (W) Area code No.	ax no. Area code	No.

#### B. Post-school activities

Complete in reverse order (starting with the most recent) all tertiary academic work, including qualifications (compulsory for evaluation purpose).

Period (Year)		
From	То	
-		

Name of Degree/Diploma/Certificate	Study completed		
	Yes	No	



NB! latest version of ADOBE ACROBAT READER before attempting to complete the form.

#### C. Employment Record

Please record your most recent positions of employment, starting with your present position.

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Submit by email Reset form

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http://commerce.nwu.ac.za/business-school/



