

Mentorship vs Coaching (vsdiff.com)

| Criteria | Mentorship | Coaching |
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| Definition | A relationship focused on personal and professional development between a mentor and mentee. | A structured process aimed at improving specific skills and achieving goals between a coach and a client. |
| Duration | Long-term relationship, often lasting for months or years. | Short to medium-term engagement, typically lasting for weeks or months. |
| Approach | Conversational and relaxed; emphasizes sharing experiences. | Goal-oriented and task-focused; emphasizes structured techniques. |
| Expertise | Mentors usually have extensive experience in the field and act as guides. | Coaches may not need to have direct experience in the client's field, focusing instead on methodologies. |
| Purpose | To foster personal and professional growth. | To enhance performance and achieve specific objectives. |
| Feedback | Feedback is often based on shared experiences and wisdom. | Feedback is typically direct and geared towards performance improvement. |

Source: <https://vsdiff.com/mentorship-vs-coaching/>