

Workplace Mentorship vs Professional Coaching (vsdiff.com)

Feature	Workplace Mentorship	Professional Coaching
Definition	Guidance provided by a more experienced colleague or supervisor	Structured process aimed at achieving specific professional goals
Focus	Personal and career development	Performance improvement and skills enhancement
Duration	Long-term relationship	Short-term engagement
Approach	Informal, experiential	Formal, goal-oriented
Relationship Type	Generally a hierarchical relationship	More egalitarian, focusing on partnership
Tangible Outcomes	Career insights, organizational culture integration	Specific skills, measurable performance metrics
Frequency of Meetings	Irregular, as needed	Scheduled sessions

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