

**Finding
Mentors,
Coaches &
Sponsors**



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Mentor	Coach	Sponsor
<p>A mentor is someone who is assigned to monitor your overall professional development and provide you with advice, information and guidance about an organisation, an industry or your career.</p> <ul style="list-style-type: none">• Relationship oriented• Development driven• Long term	<p>A coach is a more professional relationship that centres around skill acquisition. A coach helps you create a pathway to achieving a goal you have set. They offer objective perspective on your efforts and performance.</p> <ul style="list-style-type: none">• Task oriented• Performance driven• Short term	<p>A sponsor will help you progress. They are actively involved in helping recruit you and advocate for advancement.</p> <ul style="list-style-type: none">• Progression oriented• Opportunity driven• Long term

