

Coaching

Coaching is an intervention that reduces the impact of performance problems due to lack of skills and knowledge. It may also be used to overcome a lack of motivation. It may also be used to enhance performance that is already satisfactory. In this intervention, one person improves the performance of another by questioning, collaborative goal setting, systematic observation, motivational and constructive feedback, and positive guidance.

(Seymour, 1994)

Coach

A person who is responsible for guiding other people to winning results through a continual process of discovering individual's strengths, and weaknesses and matching information, resources, advice, and understanding to those needs.

(Seymour, 1994)