



South Central Public Health Partnership  
TRAINING PROFESSIONALS TO PROTECT THE PUBLIC

<http://lms.southcentralpartnership.org/scphp>

## Mentoring and Coaching

**Instructor:** Louis Rowitz, PhD

### Course Description

The purpose of this course is to distinguish the difference between a mentor and a coach and how to shape these relationships. A discussion of the utilization of learning contracts to help in this process is also discussed. Exercises are included to help the learner understand how to use a learning contract and how to choose a mentor or a coach.

### Learning Objectives

- Distinguish between mentoring and coaching
- Develop strategies for picking a coach or mentor
- Learn to develop a learning contract
- Identify the steps in structuring a coaching relationship
- List the benefits of coaching and mentoring relationships

### Core Competencies for Public Health Professionals *\*Council on Linkages between Academia and Public Health Practice*

- 8A6: Participates in mentoring and peer review or coaching opportunities

### MCH Competencies *\*Maternal and Child Health Competencies developed by the Association of Teachers in Maternal and Child Health (ATMCH)*

- C1: Organizational and management theories and practices, and their administration in both public and private agencies.
- C13: Use appropriate techniques for development and dissemination of professional development and continuing education programs for MCH professionals.

*To register for this course visit us at*  
[\*http://lms.southcentralpartnership.org\*](http://lms.southcentralpartnership.org)