

May 2015

# Mentoring, Coaching or Counselling?

## Mentor, Counsellor or Coach?

This is to help you work out which type of support may be best for you.  
Circle wherever a ► or ▼ shows a mentor, counsellor or coach may help.

I want to change something or want help to sort stuff out      NO      ►      Let someone know if you decide you do want to explore how to change things.

YES

▼

I want to understand why I feel like this      YES      ►      counsellor may be best, if available, or coach

I want to learn more about myself      YES      ►      counsellor or coach

I want to work out what to change      YES      ►      coach

NO      ►      coach or mentor

I want...	<p><b>Support</b> Help with doing things. Someone I can ask questions who'll show me what to do.</p> <p>▼</p> <p>mentor &amp;/or life skills training</p>	&/or	<p><b>Challenge</b> Help believing I can change. Someone to ask me questions who will help me think.</p> <p>▼</p> <p>coach</p>
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I want...	<p><b>Help to do things</b></p> <p>▼</p> <p>mentor</p>	&/or	<p><b>To work out what I'm doing</b></p> <p>▼</p> <p>coach</p>
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I'm looking for...	<p><b>A role model</b> Someone else's hint and tips Someone like me</p> <p>▼</p> <p>mentor</p>	&/or	<p><b>My own way</b> Find out who I am and how to get what I want in life</p> <p>▼</p> <p>coach or counsellor</p>
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**Which types of support came up most or feel right for you now?**