

Statement of participation

Luca Vomiero

has passed the free course including all mandatory tests for:

Exploring career mentoring and coaching

This free 24-hour course explored coaching and mentoring in a career context.

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www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:
<https://www.open.edu/openlearn/money-business/exploring-career-mentoring-and-coaching/content-section-overview>

COURSE CODE: MC_2



Exploring career mentoring and coaching

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Course summary

This free course, Exploring career mentoring and coaching, will explain what mentors and career coaches do and how a colleague or expert who can ask the right questions, challenge assumptions, and help an individual to find the best solutions for themselves, can make a significant difference in a wide range of situations and contexts. This statement serves as proof of the successful completion of a course accredited by the CPD Standards Office. You have earned 24 CPD points through your participation in this course.

Learning outcomes

By completing this course, the learner should be able to:

- recognise the difference between mentoring and coaching, and analyse how each can enhance career development
- understand the importance of self-awareness and how to develop this
- choose a mentor or coach with confidence
- get the most from relationships with mentors or coaches
- reflect on personal experiences and consider becoming a mentor or coach.

Completed study

The learner has completed the following:

Week 1

Where am I starting from?

Week 2

Knowing myself

Week 3

Key skills for a mentor or coach

Week 4

Understanding mentoring

Compulsory badge quiz (score 86%)

Week 5

How can mentoring help me?

Week 6

Understanding career coaching

Week 7

How can career coaching help me?

Week 8

What next?

Compulsory badge quiz (score 93%)