

# Show Me Mentoring vs Coaching

Both Mentoring and Professional Coaching are skills in the Agile Coach's toolkit. Both are important and useful yet they do not work the same way or for the same things. **Let's see how they are different and how they can be best applied.**



*During the Demo...*

Watch for **evidence** of skills.

Write down what you saw, heard, sensed.

Also, write down **anything** that piques your interest.

Listening

Asking Powerful Questions

Forwarding the Action

Holding the Focus on the Client's Agenda

Self-Management



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**Listening**

**Asking Powerful Questions**

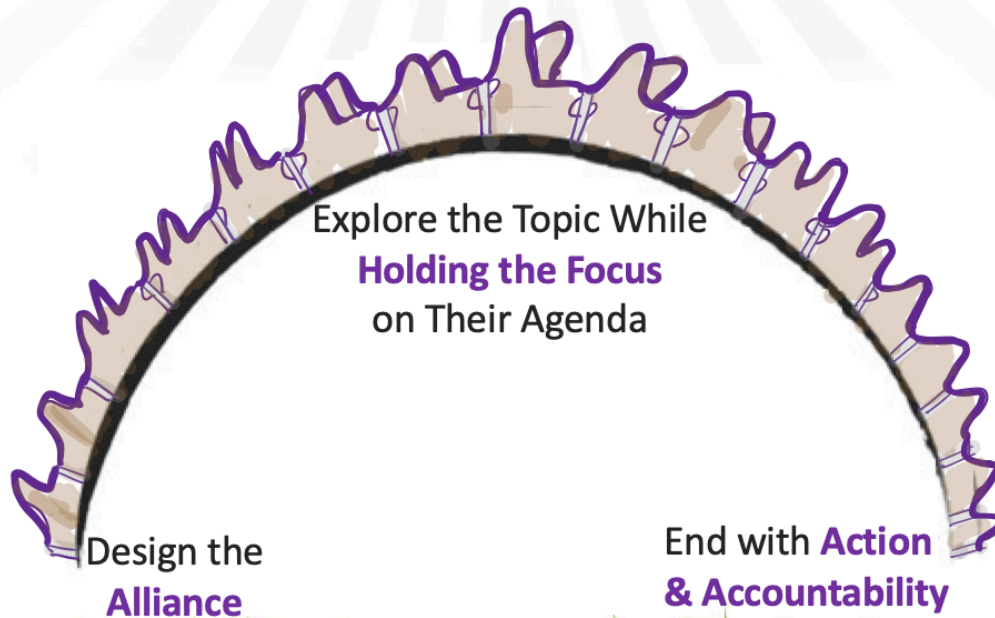
**Asking Information Questions**

**Keeping the Mentee at Choice**

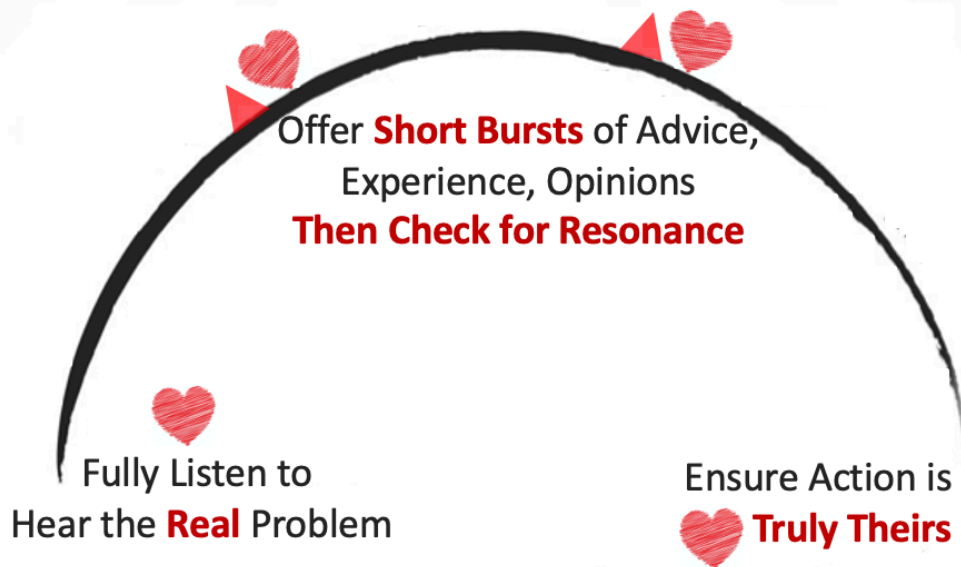
**Forwarding the Action**

**Self-Management**

We know professional coaching conversations have Heart, but they also have **Backbone**



We know mentoring conversations have Backbone but they also have **Heart**



@LyssaAdkins

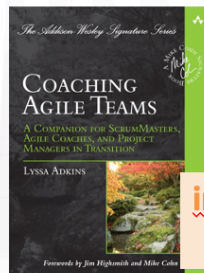
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Curious about what Lyssa is working on with her clients?

GET A PEEK INTO  
*Lyssa's Last 3*  
collaborations

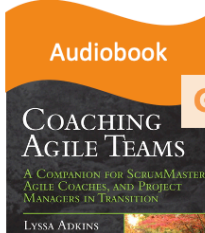
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Lyssa Adkins is an internationally-recognized thought leader in Agile coaching. She is deeply trained and experienced in human systems coaching and facilitation. Her current focus is improving the performance of top leadership teams because an Agile environment demands something different, new, and challenging from its leaders. More at [LyssaAdkins.com](https://LyssaAdkins.com).