

Coaching & Mentoring Skills (NTU 2026)

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JOYS OF BEING A COACH/MENTOR:

- *Witnessing growth and transformation in others.*
- *Building strong, trusting relationships.*
- *Contributing to the success and development of others.*

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THE FOUR REQUIREMENTS OF A COACH/MENTOR

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NURTURING

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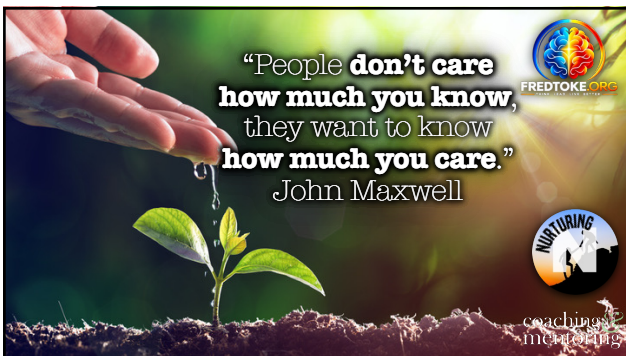
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A nurturing coach or facilitator creates a supportive and encouraging environment that fosters growth and development. They provide guidance with care and understanding, helping others feel valued and motivated to achieve their goals.

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“People don’t care how much you know, they want to know how much you care.”
John Maxwell

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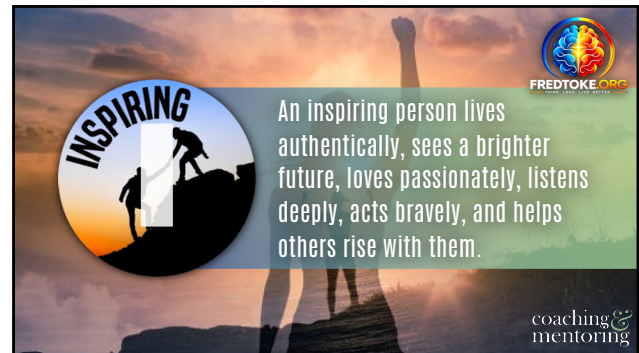
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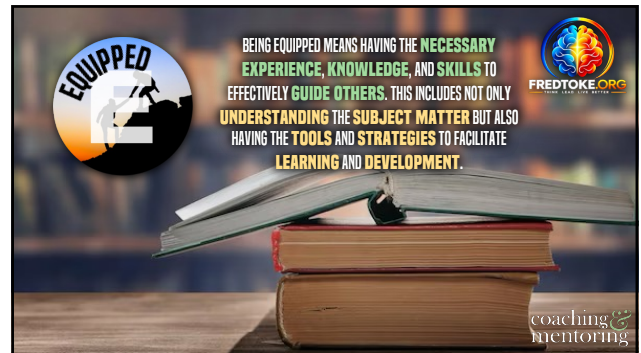
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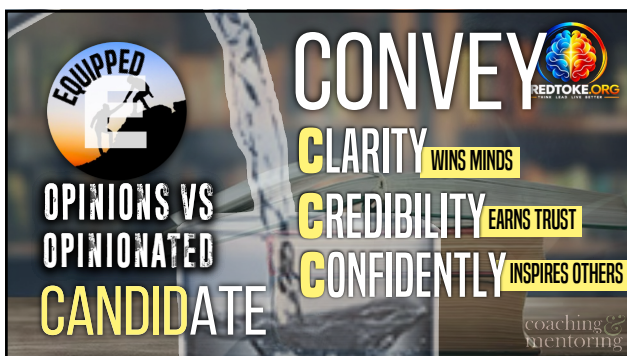
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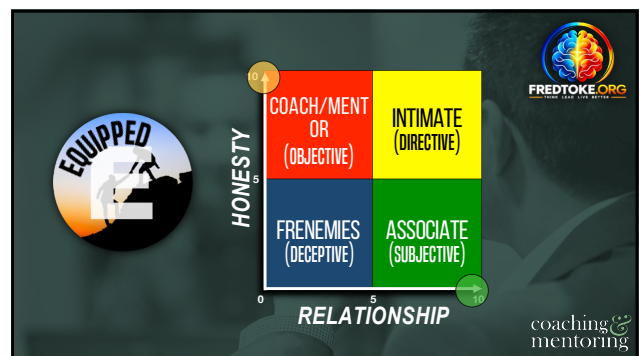
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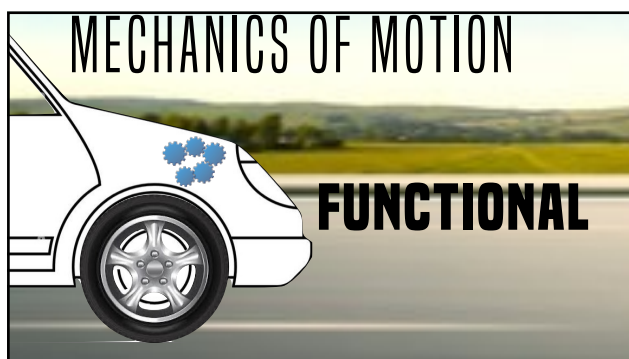
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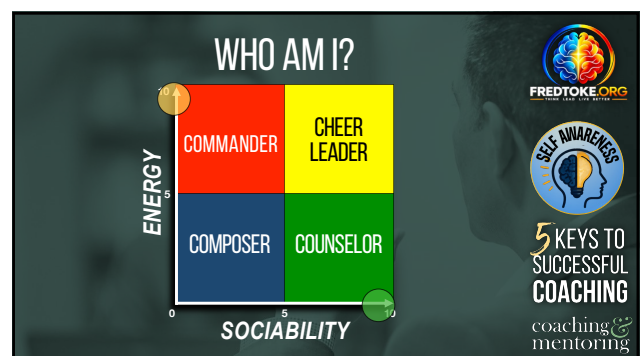
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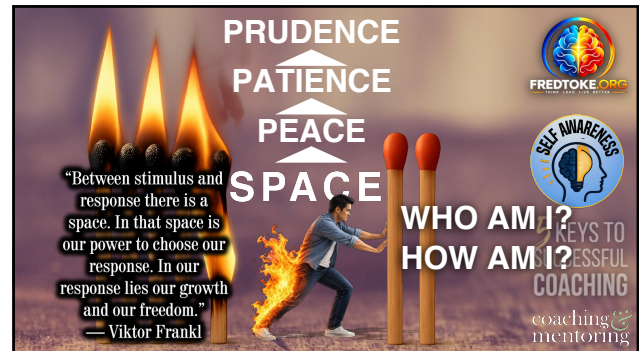
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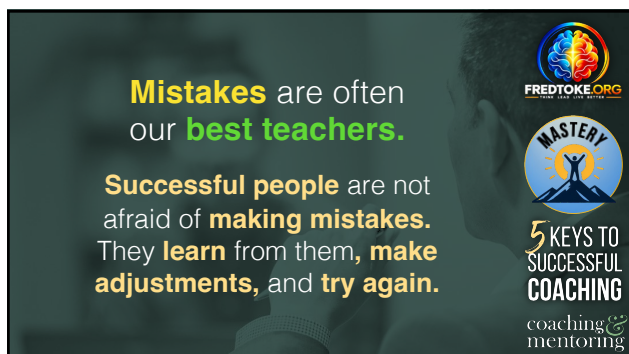
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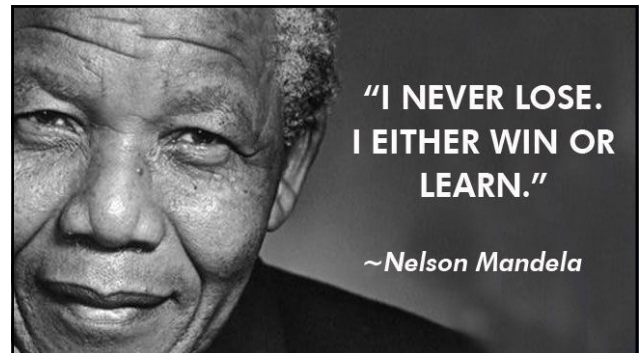
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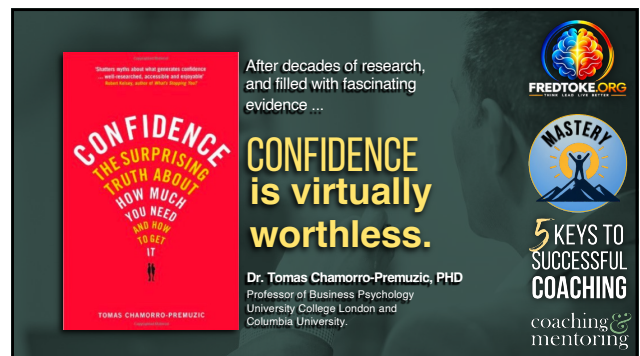
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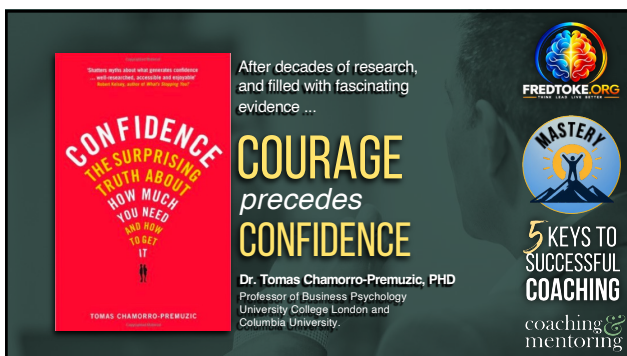
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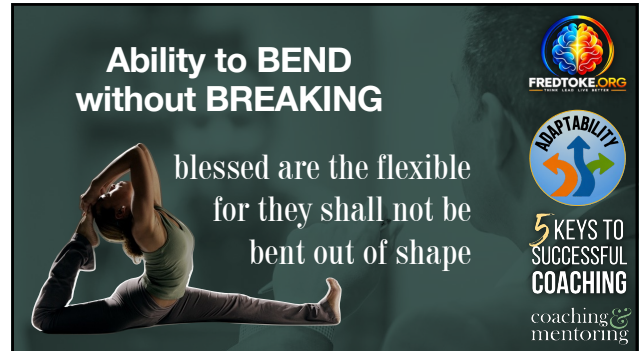
ADAPTABILITY

The more our mentees **learn to adapt**, the **more resilient** they become in **facing changes, overcoming challenges, and turning obstacles** into **opportunities**.

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Ability to BEND without BREAKING

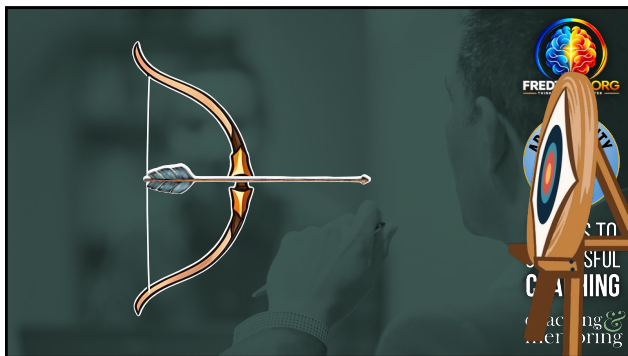
blessed are the flexible
for they shall not be bent out of shape

ADAPTABILITY

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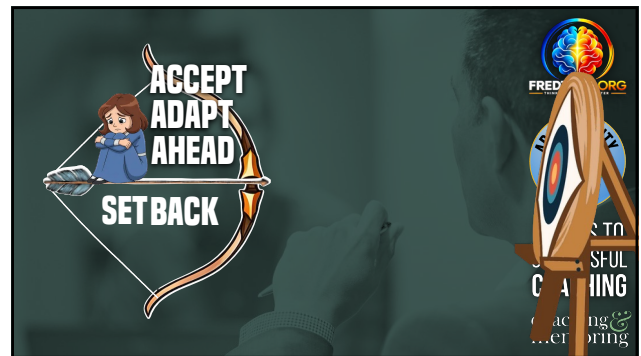
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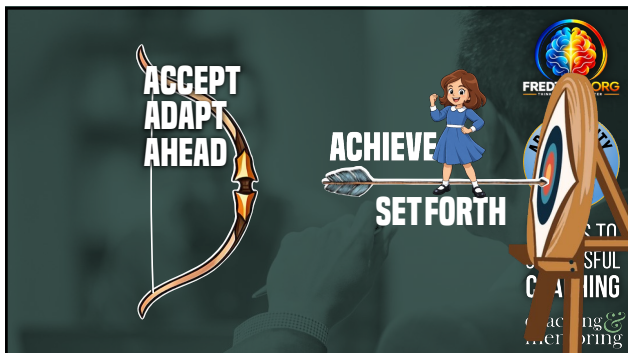
ACCEPT ADAPT AHEAD

SETBACK

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ACCEPT ADAPT AHEAD

ACHIEVE SET FORTH

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SPIRIT

PNEUMA IS AN ANCIENT GREEK WORD FOR "AIR"

ADAPTABILITY

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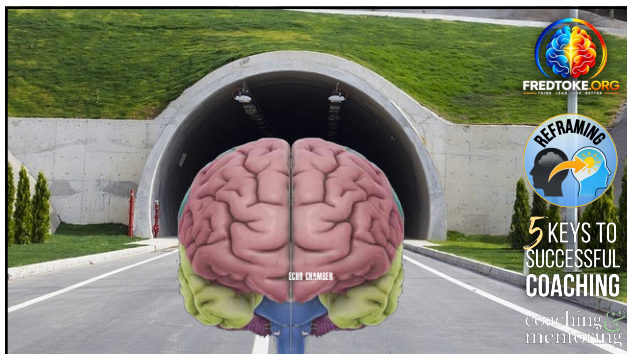
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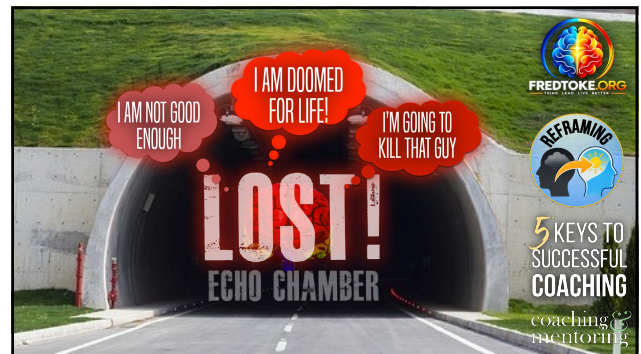
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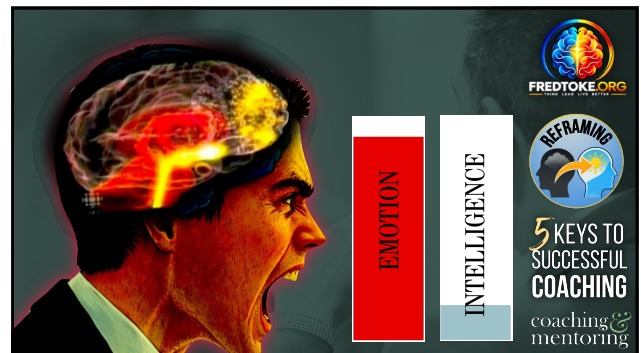
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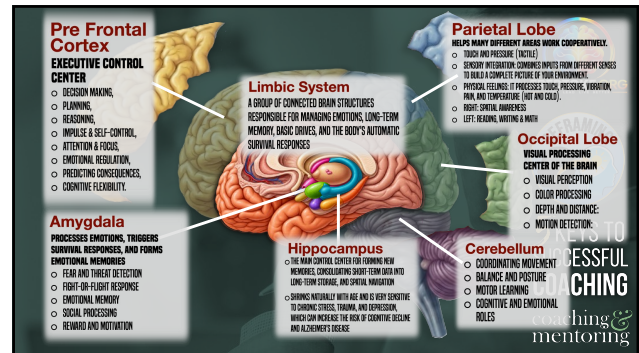
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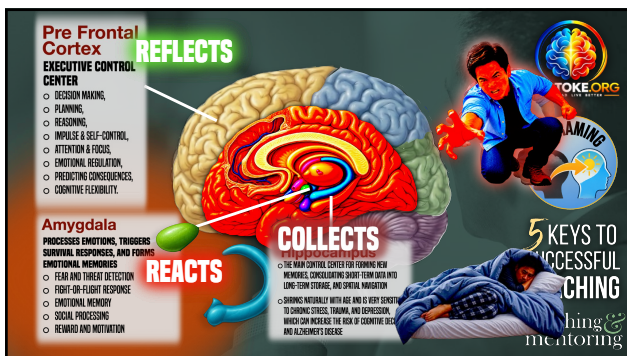
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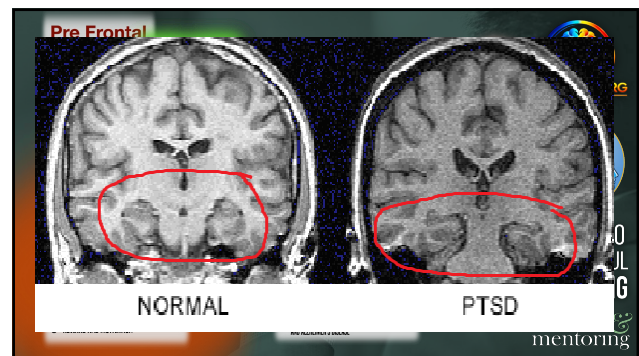
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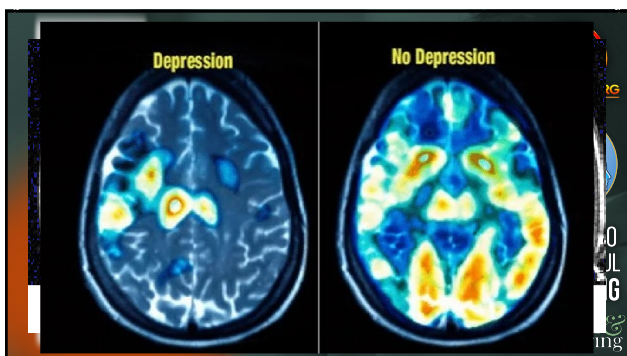
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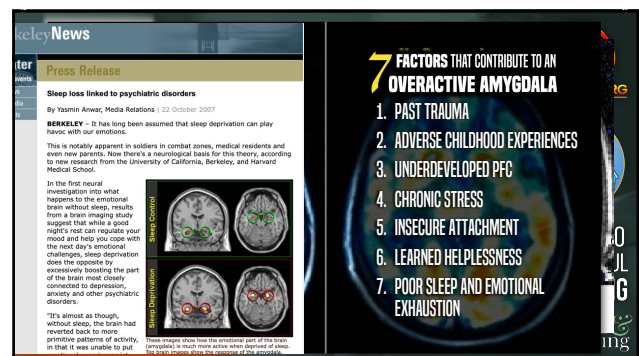
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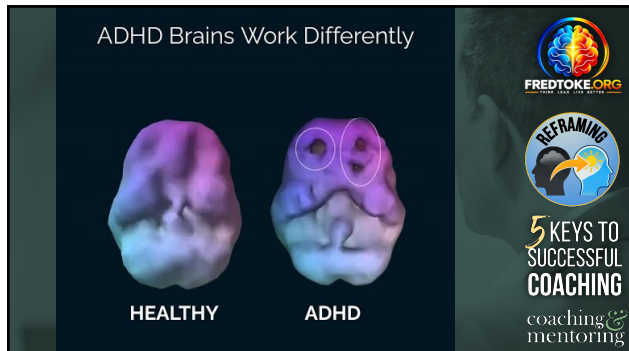
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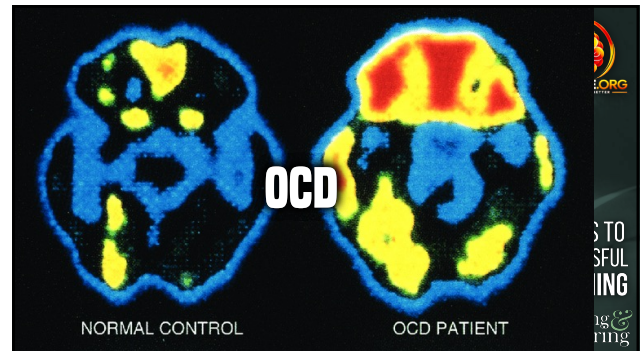
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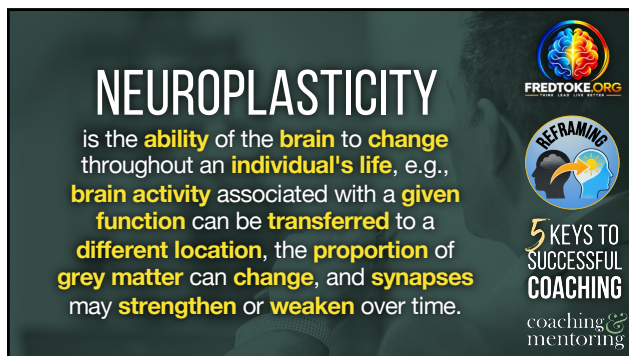
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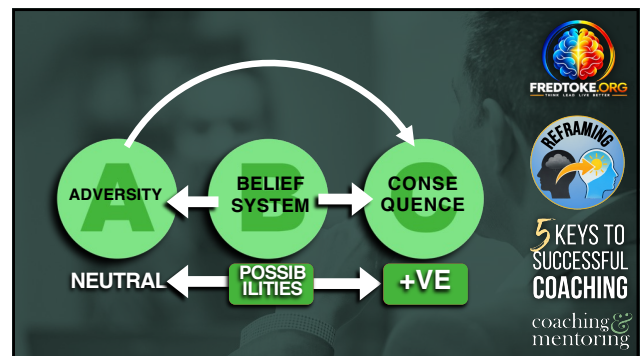
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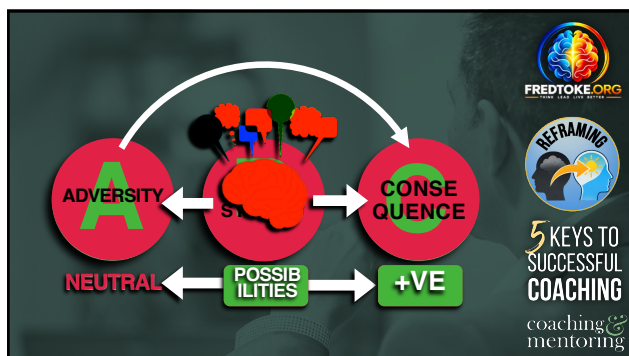
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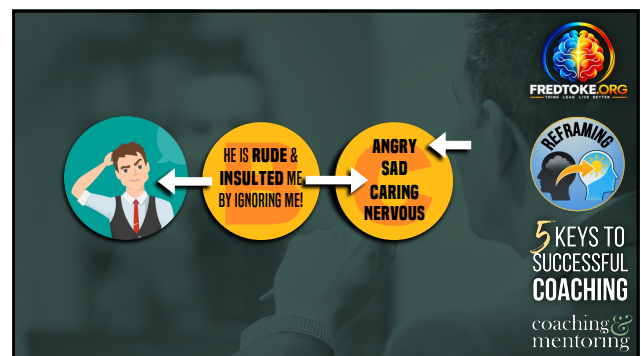
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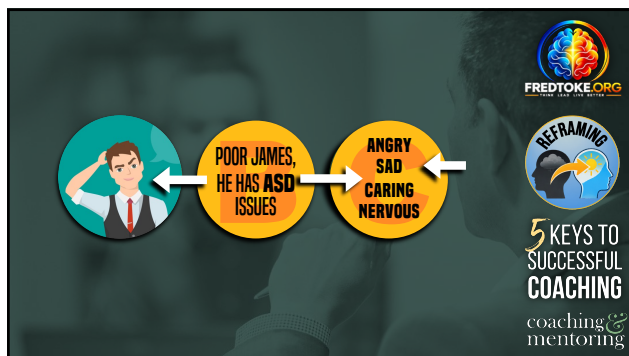
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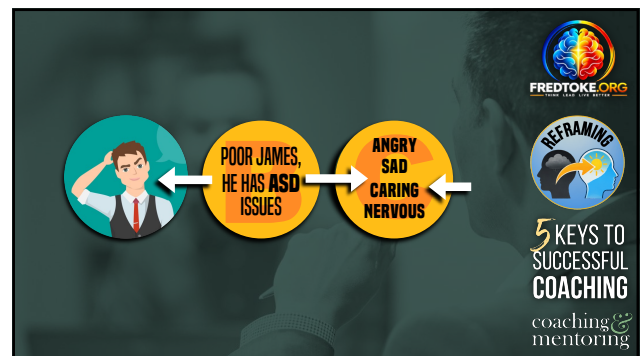
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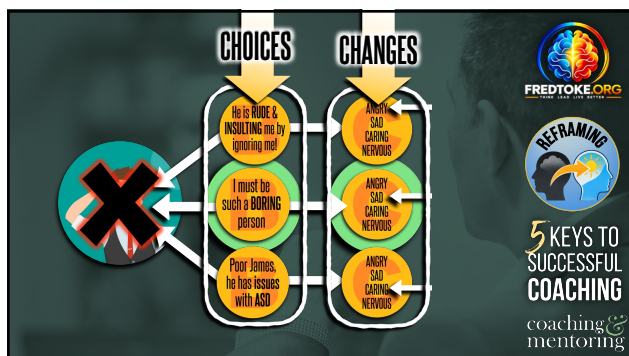
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I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day

I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself

That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what

I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror
I always think

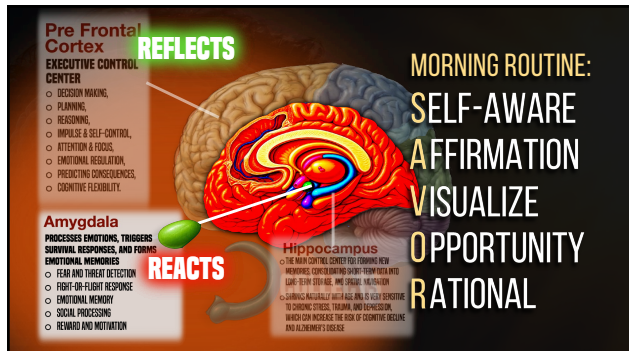
Am I as ugly as people say?

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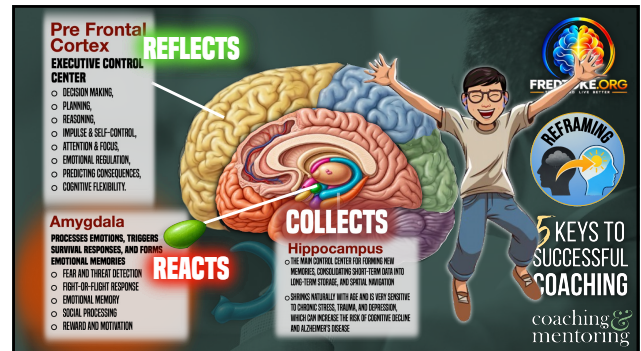
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