

NARRATOR: If you want to enhance your career, a useful approach is to find yourself a good mentor or coach who can help you to enhance your understanding of key issues that you're facing or gain clarity about your next steps. A great mentor might be someone you already work with, or you might set out to find a person who you don't know yet but who has the right experience and knowledge to help you progress. A top tip is to think about what you have to offer them, as they are more likely to say yes if there is some mutual benefit.

While your relationship with a mentor could last for months or even years, working with a coach tends to have a shorter time frame. For example, you might have several appointments to work through a particular issue and then say goodbye. A coach won't tell you what to do, but they are trained to motivate and support you to work things out for yourself and to achieve your potential.

Discovering how mentors and coaches have made a difference to numerous people like you, and learning about the skills, models, frameworks, and approaches you can use together, will help you just see how your career could develop and grow with their support. You'll also learn how to choose the right individual and make the most of your mentoring or coaching relationships.