Mentoring & Coaching

Cornell offers mentoring and coaching programs to employees. Both provide personalized guidance that can boost your skills and help you advance in your career goals.

Mentoring vs. Coaching: How To Choose What's Right For You

MENTORING

- Short-term
- Informal, flexible
- Skills-Based (i.e., learn about a particular type of work, such as websites or project management)
- Anyone can be a mentor (Learn about being a mentor!)
- You choose your mentor or are matched in Workday
- Mentors have answers for your questions
- "I know what I want to learn about"
- Good choice for: employees seeking to expand skills, take on new projects, improve performance

LEARN MORE ABOUT MENTORING

COACHING

- Four to six month program, meeting every 2-3 weeks
Structured
Focused on developing behaviors or "soft skills" (i.e., working smarter not harder, developing decision-making or strategic skills)
Coaches are professionally certified and confidential
Coaches are assigned individually through Organizational Development and Effectiveness and may involve a sponsor
Coaches ask you questions to help you explore, think, discover, and grow
"I want to be better, but I'm not sure what I need"
Good choice for: new roles, feeling stagnant or blocked, understanding what you need to do to move from "x" position to "y" position

LEARN MORE ABOUT COACHING