



**INTERNATIONAL
INSTITUTE OF
INFLUENCERS**



PROJECT REPORT

**Name of the Course: INTERNATIONAL MASTER DIPLOMA IN GUIDANCE
& COUNSELING**

Conducting Organisation: International Institute of Influencers (III)

Title of the Project: Guidance-Coaching & Counselling (GCC)

**Criteria for doing the project: Structured Approach & Analytical Evaluation for Workplace
Through Guidance-Coaching & Counselling**

Submitted To: SHAMA Hussain, Founder & CEO of III

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Name of the Candidate: JONATHAN F. CALILAO

Name of the Organization: Batasan Hills National High School



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“*homines veros se tueri possunt*”
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JONATHAN F. CALILAO
Batasan Hills National High School



Dr. Shama Hussain
Founder and CEO of
International Institute of Influencers

**Dr Shama
Hussain**

FOUNDER AND CEO OF
INTERNATIONAL INSTITUTE
OF INFLUENCERS
SHE TALKS ABOUT WHAT
INSPIRES HER

Since mentoring and student success coaching have rather different functions, they both have the same broad objective of aiding each individual student in developing, reaching what they want, and realizing their full potential. However, it's critical to recognize the differences between the duties of a coach and a mentor in order to comprehend how they may enhance one another's efforts to encourage pupils.



Mentoring: What is it? It all comes down to connection. In actuality, the student's personal development and the effectiveness of the mentoring process depend on developing genuine relationships in a trusting environment. Students who have a strong sense of connection to their mentors are more likely to ask for help when faced with difficult or perplexing circumstances, to be honest and open in communication as the relationship develops, and to rely on the relationship to boost their confidence and sense of self-worth. Instead of receiving official training, our "training" comes from our work and personal experiences as mentors, who provide guidance based on their own experiences and more of a teaching role. The majority of us usually donate our time and act as mentors in addition to our jobs or studies.

Coaching is an essential component in student support that is typically more formal and structured than mentoring. Coaching is usually a proactive method that creates a collaborative, specifically personalized approach to each student's needs. It can be conducted separately or in conjunction with mentoring services. Coaching is a research-proven process that includes an extensive evaluation of potential risk factors and the development of particular cognitive and non-cognitive abilities to help students overcome challenges to both short- and long-term success, contrary to the relative informality of mentoring sessions.

Usually created to serve institutional objectives, coaching strikes a careful balance between ensuring that students are aware of the many institutional resources and know how to use them, as well as satisfying their immediate needs and assisting them in solving difficulties as they emerge. Building deeper relationships, enhancing evaluation, and encouraging engagement all depend on active listening. By facilitating little yet significant adjustments and the assimilation of novel approaches, routines, and perspectives into the lives of their clients, coaches also foster the long-term personal development of their clients. Additionally, reports for each institution are created using the insights that coaches gain from working with students, offering a glimpse into the topics that are important to their student.



What Are the Qualities of a Good Mentor?

Not all mentors are created equal. The best mentors share some important qualities. You'll want to look for these attributes in anyone you're thinking about building a mentor-mentee relationship with. And if you're looking to be a better mentor yourself, these qualities are worth noting.

1. Relevant Expertise or Knowledge

It may seem obvious, but your mentor should, more often than not, have some kind of relevant background. Maybe they're a few levels or titles ahead of you (say, a VP of sales while you're an account executive) or have worked in the space you're interested in for some time. But they should be able to help propel you forward because they've been there, seen the landscape, and know what it takes to be successful.

2. Enthusiasm for Sharing That Expertise

The best mentors give advice not because they like to hear themselves talk, but because they genuinely want others to benefit from the hard-won wisdom they've learned over the course of their careers.

3. A Respectful Attitude

You don't want someone who criticizes you harshly and unconstructively, mistreats you or others close to you, and ultimately gives you a bad name. That makes for an unproductive and frustrating partnership.

4. Eagerness to Invest in Others

Great mentors realize that they're playing a long game, and as a result are patient in how they guide others down their path. They don't expect immediate gains, and they don't give up easily. More importantly, they care about maintaining and growing their professional relationships.

5. The Ability to Give Honest and Direct Feedback

A good mentor knows how to deliver feedback in a way that's constructive, kind, and direct, and doesn't shy away from being honest because they're afraid of hurting your feelings.

Basically, you want "someone who's willing to call you out on your BS," says Finkeldei, because rarely can you get that kind of perspective in the workplace. And you know you'll make better decisions and come out stronger with someone like that by your side.

6. Reflective Listening and Empathy

These are important qualities in a mentor because "they can have all the answers in their head, but if they're not willing to listen to where you're coming from, they're not going to be able to steer you in the direction that *you* want to go," says Finkeldei.

7. Willingness to Be a Sponsor

While a mentor is someone who can guide you with advice and support, a sponsor is an [ally](#) who takes it one step further by being someone "who is actively advocating for you...both behind closed doors and publicly."

By possessing these essential skills, mentors can create a nurturing and supportive learning environment that promotes the adult learner's personal and professional growth.



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