



## Critical Coaching Skills

### ASSESSMENT # 3

Total Marks: 30

Answer the following questions:

**Q: 1** Short Questions:

(24)

- I. How can you help your mentee to identify and set their goals?
- II. What does the term SPIRIT stand for?
- III. What are the SPIRIT goals? How does this approach help to set goals?
- IV. What is adult learning? How is adult learning different?

**Q: 2** What are the key principles of adult learning?

(6)