



Carolina Business Coach

- Understand time commitments. Goodrich guidelines suggest hourly meetings every two weeks for the three months, then once a month thereafter. If time is an issue, consider email and phone exchanges for 15 minutes once a week between face-to-face meetings.
- Always be prompt; it shows respect.

If mentors are experts at professional development, coaches are experts at professional acceleration. Mentoring is an ongoing learning relationship; coaches focus clients for key results over a finite period.

Any other advice from Heather? “While it’s always good to think about your future, put your focus on the present job and opportunities will show themselves.” She should know -- she is now in charge of Goodrich’s leadership program.

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