

Definitions: Sponsor, Mentor, Coach

Sponsor (uniformed)

Mentor

Coach

Advocate

Advise

Empower

Someone who advocates for opportunities, supports well-thought out risk taking, and expends social capital on behalf of an individual.

A wise, trusted, and experienced individual who shares knowledge, experience, and advice with a less experienced person.

-AFH 36-2643, Mentoring

Partners with individuals in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

-International Coach

Federation

I've heard you're looking for your next Exec. I vouch for Capt Jones.

I suggest you seek out career broadening opportunities in order to meet your goal.

You want to expand your skillset; how do you see yourself achieving this?

A sponsor talks **about** you, a mentor talks **to** you, and a coach talks **with** you.