Coaching is combination of art and science.

Art: your instincts on what to say and when to say it

Science: what has been tested and proven

10 Commandments of Coaching
If you want to mess up at coaching, violate any of the following:

Lead yourself well (SELF LEADERSHIP)

Determine the regularity of interaction (REGULARITY)

Determine the type of accountability (ACCOUNTABILITY)

Set up communication mechanisms (COMMUNICATION)

Clarify the level of confidentiality (CONFIDENTIALITY)

Set the life cycle of the relationship (LENGTH)

Evaluate the relationship from time to time (EVALUATION)

Modify expectations to fit the real-life mentoring situation (EXPECTATIONS)

Bring closure to the mentoring relationships (CLOSURE)