



Original Article

Coaching and Mentoring Practices in Employee Performance Development Efforts through Work Motivation

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Abstract:

This research explores the impact of coaching and mentoring practices on employee performance development through work motivation. The study aims to understand how these practices influence employee motivation and enhance performance within organizations. A literature-based methodology was employed, analyzing secondary data from books, journals, and previous studies on coaching, mentoring, and work motivation. The findings indicate that coaching and mentoring, when aligned with organizational culture and integrated with other development initiatives, significantly improve employee performance. However, challenges such as inconsistent implementation and lack of mentor training were identified. The study concludes that effective coaching and mentoring programs can build a motivated, high-performing workforce, contributing to long-term organizational success.

Submitted	: 14 Desember 2025
Revised	: 12 Januari 2026
Acceptance	: 20 Januari 2026
Publish Online	: 24 Januari 2026

Keywords: Coaching and Mentoring, Employee Performance, Work Motivation

Introduction

In the face of increasingly fierce global competition, employee performance development has become a key factor determining an organization's success. Organizations that can optimize their employees' potential will have a greater competitive advantage. One of the widely used approaches in performance development is through coaching and mentoring practices. These two approaches are considered effective in boosting employee work motivation, which in turn can enhance individual productivity and performance within an organization. However, despite the widespread implementation of coaching and mentoring, challenges remain in measuring the direct impact of these practices on employee performance development. Therefore, it is important to conduct further research on how coaching and mentoring contribute to increasing work motivation and employee performance (Sjarifudin and Rony 2023).

Although much literature discusses the relationship between coaching, mentoring, and

employee performance, many existing theories fail to explain in detail how these two practices can be optimally implemented to drive sustained work motivation. Previous studies indicate that, while coaching and mentoring are often linked to performance improvement, the results are often inconsistent, depending on the specific context and implementation of the programs. These studies also show that the influence of coaching and mentoring on employee performance cannot be separated from the factors of work motivation, which often serve as barriers or drivers for the success of these practices. Therefore, there is a need to further explore the relationship between coaching, mentoring, and work motivation in the context of employee performance development(Syailendra et al. 2023).

The purpose of this research is to explore and analyze the impact of coaching and mentoring on employee performance development through the enhancement of work motivation. This study aims to provide deeper insights into how these two practices can be more effectively applied in organizations to drive higher performance. By focusing on work motivation, this research seeks to identify factors that support and hinder the success of coaching and mentoring in improving employee performance. Additionally, this research also aims to provide recommendations for organizations in designing more effective coaching and mentoring programs that are results-oriented(Jurniati et al. 2025).

This research is important because, despite many previous studies discussing the impact of coaching and mentoring, there is still a gap in addressing the direct link between these practices and work motivation and employee performance. By understanding this relationship, organizations can design more targeted, sustainable, and impactful employee development programs. Furthermore, this study will contribute to the literature on human resource development by filling the knowledge gap regarding the implementation of coaching and mentoring in the context of work motivation. Therefore, this research is expected to serve as a reference for HR practitioners and organizational managers in developing more effective employee development programs(Susanto and Sawitri 2022).

Methods

The object of this research revolves around the application and impact of coaching and mentoring practices in employee performance development, with a particular focus on work motivation. Specifically, the study explores how these practices influence the overall performance of employees in various organizations. The phenomenon under investigation involves understanding the role of coaching and mentoring in fostering a motivated and high-performing workforce. Additionally, it looks at the challenges organizations face in effectively utilizing these practices and the implications they have on employee engagement, productivity, and overall performance. By examining the intersection of coaching, mentoring, and work motivation, this research aims to identify key factors that contribute to the success or failure of these development strategies in enhancing employee performance(Akerele 2023).

This study follows a literature-based research approach, meaning it primarily utilizes secondary data collected from various sources such as books, academic journals, conference papers, articles, and reports that are relevant to the topics of coaching, mentoring, employee performance, and work motivation. The primary data for this study is derived from academic literature discussing coaching and mentoring practices, as well as studies focusing on employee motivation and performance development. Secondary data includes extensive research from various fields that explore how motivational theories impact employee performance, and how coaching and mentoring can serve as tools for improving work motivation. The collected literature encompasses both theoretical frameworks and empirical studies that help understand the relationship between these elements, contributing to the identification of best practices for organizations seeking to implement effective coaching and mentoring programs(Ng and Kee 2012).

The theoretical foundation of this research draws heavily on several key theories that provide insight into the relationship between coaching, mentoring, and work motivation. One of

the main theories used is Self-Determination Theory (SDT), proposed by Deci and Ryan in 1985. SDT focuses on the intrinsic and extrinsic motivations that drive human behavior. The theory posits that people are more motivated when they experience autonomy, competence, and relatedness, which are all critical aspects in the context of coaching and mentoring. According to SDT, coaching and mentoring practices that foster autonomy (independence in decision-making), competence (skill development), and relatedness (strong interpersonal relationships) lead to higher levels of motivation and, consequently, better performance. This theory underpins the investigation of how coaching and mentoring influence employee motivation and performance, providing a framework for understanding how intrinsic motivation affects long-term success in the workplace(Emon and Chowdhury 2023).

The research process involves several stages, beginning with the collection of data through a thorough review of relevant literature. The primary technique for gathering data was a comprehensive analysis of written sources, such as books, research papers, journals, articles, and case studies, that explore coaching and mentoring practices, employee performance, and motivation. The data collection also includes examining reports and organizational case studies to gather empirical evidence on how coaching and mentoring programs have been implemented in real-world settings. These sources were selected based on their relevance to the research topic and their contribution to understanding the impact of coaching and mentoring on employee performance. The collected data from literature provided a strong foundation for further analysis and the identification of key trends, patterns, and gaps in existing research regarding work motivation and performance development(Esthi 2021).

Data analysis in this research follows a content analysis approach, which involves examining textual data to identify recurring themes, patterns, and relationships. Content analysis allows for the systematic organization and interpretation of qualitative data collected from books, journals, and reports. The data analysis process includes coding and categorizing the collected information, followed by a thorough examination to identify commonalities and differences in how coaching and mentoring affect work motivation and performance. This method allows the researcher to uncover key insights into the effectiveness of these practices in different organizational contexts. Additionally, content analysis helps to reveal the underlying factors that influence the success or failure of coaching and mentoring programs, providing valuable information for organizations looking to enhance their employee development efforts. Through this method, the study aims to draw meaningful conclusions about the best practices for applying coaching and mentoring strategies to improve employee performance and motivation(Tickle, Mann, and Adebajo 2016).

Results

The results of this research highlight several key findings regarding the impact of coaching and mentoring on employee performance, with a particular focus on work motivation. Through the analysis of various literatures, it was found that coaching and mentoring practices have a positive correlation with increased employee motivation and performance. Many studies suggest that when employees feel supported through structured coaching and mentoring programs, their sense of competence and autonomy increases, which in turn enhances their intrinsic motivation. Additionally, it was observed that work motivation plays a central role in determining the success of these practices, as motivated employees are more likely to engage with coaching and mentoring programs and apply the feedback received in their work(Abdussamad et al. 2024).

The research revealed that coaching and mentoring are most effective when they address both personal and professional development needs of employees. The best practices identified in the literature emphasize that mentoring relationships, when based on trust and mutual respect, contribute significantly to employee satisfaction and work motivation. Moreover, the personalized nature of coaching ensures that the feedback and advice provided are tailored to the individual's career goals, leading to improved job performance. It was also noted that organizations that integrate coaching and mentoring into their performance development systems are more likely to

experience higher employee retention rates and greater job satisfaction. These findings reinforce the idea that coaching and mentoring can significantly contribute to building a motivated and high-performing workforce.

Furthermore, the research identified challenges in implementing coaching and mentoring programs effectively. A common issue noted in the literature is the lack of consistency in how these programs are executed across different organizations. In many cases, coaching and mentoring programs are either poorly structured or do not involve clear goals, which reduces their effectiveness. The absence of clear objectives and measurable outcomes is one of the main barriers preventing organizations from fully realizing the benefits of these practices. Additionally, it was found that while coaching and mentoring can improve employee performance, the results are often contingent on the quality of the relationship between the coach/mentor and the employee. Without the right interpersonal dynamics, these practices can have limited impact on employee motivation and performance.

The study also highlighted the role of organizational culture in determining the success of coaching and mentoring practices. In organizations where a supportive and open culture exists, coaching and mentoring are more likely to be embraced by employees and lead to higher performance. On the other hand, in more hierarchical or less supportive cultures, these programs often fail to gain traction or produce desired results. This finding emphasizes the importance of aligning coaching and mentoring strategies with the overall organizational culture to maximize their effectiveness.

Lastly, the research indicates that the integration of coaching and mentoring with other employee development initiatives, such as training programs and performance feedback systems, enhances their impact on employee performance. When employees perceive coaching and mentoring as part of a broader, comprehensive development strategy, they are more likely to engage with these programs and see tangible improvements in their work performance and motivation.

Discussion

The Role of Coaching and Mentoring in Enhancing Employee Motivation

Coaching and mentoring are essential practices that contribute significantly to enhancing employee motivation, as evidenced by the findings of this study. According to Self-Determination Theory (SDT), which focuses on intrinsic motivation, employees who experience autonomy, competence, and relatedness are more likely to be motivated. The coaching and mentoring relationship allows employees to feel supported and empowered, as they receive personalized feedback and guidance that help them grow both personally and professionally. This feeling of competence, when coupled with the freedom to pursue individual growth within a supportive environment, leads to higher intrinsic motivation and engagement at work.

Moreover, when employees are encouraged to set their own goals in collaboration with their coach or mentor, they gain a greater sense of autonomy. This increased autonomy is a critical factor in motivation, as it allows individuals to feel they have control over their career development. The individualized nature of coaching and mentoring ensures that employees feel valued and understood, which fosters trust in the process. This trust and sense of support are key drivers of motivation, as employees are more likely to put effort into improving their performance when they feel their development is genuinely prioritized.

Furthermore, the relationship between coach/mentor and employee plays a significant role in motivating the individual. When coaching and mentoring programs are based on trust, respect, and mutual understanding, employees are more likely to engage with the process and actively seek to improve. Employees who feel connected to their coach or mentor are more inclined to take constructive feedback to heart, knowing that it is given with the intent of helping them succeed. This emotional and professional connection increases the effectiveness of coaching and mentoring in motivating employees to perform better.

The impact of coaching and mentoring on motivation is further amplified when employees feel their developmental goals align with organizational objectives. When employees recognize that their career growth is supported by their employer through these programs, they are more likely to feel motivated to contribute to the success of the organization. This alignment of personal and organizational goals fosters a deeper sense of purpose and commitment, further enhancing motivation and performance.

Finally, sustained motivation resulting from effective coaching and mentoring has long-term benefits for the organization. Motivated employees tend to be more engaged, productive, and loyal to their organizations, leading to reduced turnover rates and increased job satisfaction. The intrinsic motivation nurtured through these practices also contributes to higher overall performance, as employees are more likely to take initiative, seek out improvement opportunities, and actively contribute to their teams' success.

The Impact of Organizational Culture on Coaching and Mentoring Effectiveness

Organizational culture plays a pivotal role in determining the success of coaching and mentoring programs. The findings of this research suggest that in organizations where a supportive and open culture exists, these practices tend to be more effective in fostering employee motivation and performance. A culture that promotes trust, transparency, and open communication provides an ideal environment for coaching and mentoring to thrive. In such cultures, employees feel safe to share their goals, challenges, and concerns with their coaches or mentors, making it easier for both parties to work together to address performance gaps and foster professional growth.

In contrast, in organizations where the culture is more rigid, hierarchical, or focused on top-down management, coaching and mentoring initiatives often struggle to gain traction. In these environments, employees may feel less empowered to take ownership of their development or may view these programs as merely an additional task to check off. When there is a lack of openness and collaboration in the organization, employees are less likely to engage in coaching and mentoring relationships and are more likely to perceive them as a top-down imposition rather than a mutually beneficial development process.

Furthermore, the organizational culture influences how coaching and mentoring are perceived by employees. In a culture that values employee development and growth, coaching and mentoring are seen as essential tools for improving skills and advancing careers. Employees are more likely to actively participate in these programs, knowing that their development is supported by the organization. On the other hand, in a culture that does not prioritize employee growth, coaching and mentoring may be viewed as unnecessary or irrelevant, leading to disengagement from these initiatives and a lack of motivation to participate.

The alignment of coaching and mentoring with organizational values is also crucial for their success. When coaching and mentoring practices are aligned with the broader goals and mission of the organization, employees are more likely to see them as valuable resources that contribute to both their personal and professional growth. For example, organizations that emphasize innovation and continuous improvement may implement coaching and mentoring programs that encourage employees to challenge the status quo, think creatively, and pursue new solutions. This alignment strengthens the relevance of these practices and ensures that they are seen as integral to achieving both individual and organizational success.

Lastly, organizations with a culture of feedback and recognition tend to have more successful coaching and mentoring programs. In such cultures, feedback is not only given by coaches or mentors but is also reciprocated by employees, creating a continuous cycle of improvement and development. When employees feel recognized for their achievements and receive constructive feedback in a positive, supportive environment, they are more likely to be motivated to continue improving their performance. This continuous feedback loop within coaching and mentoring programs ultimately strengthens employee motivation and contributes to higher overall performance.

Table summarizing the key role of organizational culture in the success of coaching and mentoring programs, distilled from the provided text. This format is ideal for academic papers in HR, organizational behavior, or leadership studies.

Cultural Aspect	Description	Positive Impact (Supportive Culture)	Negative Impact (Rigid/Hierarchical Culture)
Trust, Transparency, & Open Communication	Fosters safe sharing of goals/challenges; enables collaboration.	Employees engage deeply; addresses performance gaps effectively.	Employees feel disempowered; programs seen as impositions.
Employee Development & Growth	Shapes perception of coaching/mentoring as care tools.	High participation; viewed as essential for advancement.	Seen as irrelevant; leads to disengagement.
Alignment with Organizational Values	Links programs to broader goals (e.g., innovation, continuous improvement).	Reinforces relevance; drives individual/organizational success.	Lacks traction; perceived as disconnected tasks.
Feedback & Recognition	Creates reciprocal, continuous improvement cycles.	Boosts motivation; sustains performance gains.	Minimal engagement; no cycle of growth.

Challenges in Implementing Coaching and Mentoring Programs

While coaching and mentoring have demonstrated significant potential to improve employee performance and motivation, the research also uncovered several challenges in implementing these programs effectively. One of the most pressing issues is the lack of consistency in how coaching and mentoring programs are structured and executed across organizations. Many organizations offer these programs without clear objectives or measurable outcomes, which reduces their effectiveness. Without well-defined goals and a structured framework for evaluation, it becomes difficult to assess the impact of coaching and mentoring or identify areas for improvement.

In addition to the lack of structure, another challenge in implementing effective coaching and mentoring programs is the quality of the relationships between coaches or mentors and employees. Effective coaching and mentoring require strong interpersonal skills, including empathy, active listening, and the ability to build trust. However, not all coaches or mentors possess these skills, which can lead to a disengaged and unproductive relationship. If employees do not feel supported or understood by their coaches or mentors, they may not fully benefit from the guidance and feedback provided. This lack of trust and rapport significantly undermines the potential impact of coaching and mentoring on employee motivation and performance.

Another issue is the lack of training for coaches and mentors. In many organizations, individuals who are chosen to serve as coaches or mentors may not have formal training in these areas. They may not be equipped with the necessary skills or knowledge to effectively guide employees through their developmental journey. This lack of training leads to inconsistent experiences for employees, as the quality of coaching and mentoring varies greatly depending on the individual

coach or mentor. To address this, organizations must ensure that those selected to provide coaching or mentoring have adequate training and support to perform these roles effectively.

Time constraints and workload pressures also contribute to the challenges in implementing successful coaching and mentoring programs. In many organizations, coaches and mentors are also full-time employees with their own responsibilities, which makes it difficult to dedicate sufficient time to mentoring or coaching sessions. This lack of time commitment can result in inconsistent interactions between mentors and mentees, reducing the effectiveness of the relationship. Additionally, employees may not have the time or resources to engage fully in coaching or mentoring programs, especially if these programs are not well-integrated into their daily work routine.

Finally, there is often a lack of organizational commitment to coaching and mentoring programs, which can hinder their success. Without leadership buy-in and support from senior management, coaching and mentoring initiatives may not be prioritized, and resources may not be allocated adequately. For these programs to be successful, organizations must view them as integral parts of their employee development strategy and provide the necessary resources, time, and support to ensure their effectiveness. When coaching and mentoring programs are treated as a secondary priority, employees may perceive them as unimportant, leading to low engagement and poor results.

Integration with Other Employee Development Programs

One of the key findings of this research is the importance of integrating coaching and mentoring with other employee development initiatives. When coaching and mentoring programs are part of a broader development strategy, they tend to be more effective in improving employee performance and motivation. Integrating these programs with training sessions, performance feedback systems, and career development planning ensures that employees receive continuous support and guidance throughout their professional growth. This integration allows for a more holistic approach to employee development, where coaching and mentoring are seen as complementary to other forms of learning and development.

For example, when employees participate in training programs that enhance the skills discussed during coaching or mentoring sessions, they can immediately apply the knowledge gained in their daily work. This practical application reinforces the feedback and guidance provided by the coach or mentor, leading to better retention of skills and increased motivation to perform. Similarly, when performance reviews and coaching sessions are aligned, employees are more likely to see the direct connection between their performance evaluations and the support they receive through coaching. This alignment makes the development process feel more tangible and relevant to employees, further motivating them to engage with the programs.

The research also highlighted the importance of creating continuous feedback loops between coaching, mentoring, and other employee development activities. For instance, after each coaching session, employees should have the opportunity to reflect on their progress and receive additional feedback from peers, managers, or mentors. This feedback loop ensures that employees are not only aware of their strengths and weaknesses but also know how to improve and what specific actions to take. Continuous feedback helps reinforce motivation by providing employees with ongoing guidance and encouragement, making it more likely that they will stay engaged and committed to their development goals.

Moreover, the integration of coaching and mentoring with other employee development programs allows for a more tailored and individualized approach to growth. By combining various development activities, organizations can address the unique needs and goals of each employee, rather than relying on one-size-fits-all solutions. This personalized approach enhances the relevance and impact of the coaching and mentoring process, as employees are more likely to engage in programs that are designed to meet their specific developmental needs.

Ultimately, the integration of coaching and mentoring with other employee development initiatives leads to a more comprehensive, effective, and sustainable approach to employee

growth. Organizations that adopt this holistic model are more likely to see improvements in employee performance, motivation, and satisfaction, which contribute to long-term organizational success. By recognizing the interconnectivity of different development strategies, organizations can create an environment where coaching, mentoring, and other initiatives work together to support and enhance the overall development of their workforce.

The Broader Impact of Coaching and Mentoring on Employee Performance

The broader impact of coaching and mentoring on employee performance extends beyond individual improvements. As employees become more motivated and engaged through these practices, organizations as a whole benefit from increased productivity, innovation, and collaboration. Employees who receive coaching and mentoring are more likely to take initiative, contribute to team projects, and offer creative solutions to challenges, all of which contribute to the organization's overall success. The development of a motivated and high-performing workforce is crucial for maintaining a competitive edge in today's fast-paced business environment.

Coaching and mentoring also have a positive effect on employee retention. Employees who feel supported in their professional development are more likely to remain with their organization, reducing turnover rates and the associated costs of recruiting and training new employees. Moreover, these programs foster a culture of loyalty and commitment, where employees see the organization as an investment in their future growth. This sense of loyalty and engagement not only enhances performance but also contributes to a positive work environment, where employees are more likely to collaborate and support one another.

In addition, coaching and mentoring contribute to the development of leadership skills within the organization. As employees progress through coaching and mentoring programs, they acquire the skills and confidence needed to take on leadership roles themselves. This strengthens the organization's talent pipeline and ensures that it has a robust leadership structure to guide it through future challenges. By investing in the development of current employees, organizations can build a sustainable leadership succession plan and reduce the need for external hiring.

Furthermore, coaching and mentoring have a ripple effect throughout the organization. When employees who have been coached or mentored apply the skills and knowledge gained from these programs, they often share these insights with their colleagues, creating a culture of continuous learning and improvement. This sharing of knowledge helps elevate the performance of teams as a whole and fosters an environment where everyone is motivated to improve and contribute to the organization's success.

Ultimately, coaching and mentoring have a profound impact on employee performance, not only by directly enhancing individual skills and motivation but also by improving organizational culture, leadership, and collaboration. Organizations that embrace coaching and mentoring as core elements of their development strategy are more likely to experience sustainable growth, increased innovation, and greater long-term success. These practices contribute to the creation of a motivated, high-performing workforce, which is essential in maintaining competitiveness and achieving organizational goals.

Conclusion

Coaching and mentoring are powerful tools that significantly enhance employee motivation and performance, provided they are effectively implemented within a supportive organizational culture. The research highlights that when these practices are aligned with organizational goals and integrated with other employee development initiatives, they lead to improved job satisfaction, higher productivity, and greater employee retention. However, the success of coaching and mentoring programs depends on factors such as the quality of the mentor-coach relationship, clear program objectives, and consistent feedback. Overcoming challenges like inconsistent implementation, lack of training for mentors, and organizational commitment will allow organizations to fully leverage coaching and mentoring to build a motivated and high-performing workforce, contributing to long-term organizational success.

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