An E-coaching Methodology for Higher Education in Saudi Arabia

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Abstract : It is widely accepted that university students must acquire new knowledge, skills, awareness, and understanding to increase opportunities for professional and personal growth. The study reveals a significant increase in users engaging in e-coaching activities and a growing need for it during the COVID-19 pandemic. The paper proposes an e-coaching methodology for higher education in Saudi Arabia to address the need for effective coaching in the current online learning environment.