



## Mentoring: Reaching out to at risk youth

### Who is this course for?

This qualification is designed to introduce people to some basic mentoring skills and their application to everyday life, and engaging with young people.

### Course content

You will learn:

- the role and good practice of mentorship
- a clear idea of the mentor/mentee relationship
- specific skills and understanding required in order to mentor
- how to review your own learning and performance in the mentoring role.

### Course outline

- Coaching vs. Mentoring: is there a difference?
- Assess your potential to be a successful mentor and mentee
- Every child and young person deserves a champion, can you be a mentor?
- Confidence, Patience, and Thick Skin
- Arrogance and Ignorance vs. Transparency and Authenticity
- Understanding the Relationship between Freedoms and Responsibilities
- 7 Key Qualities of an Effective Mentor.
- My mentoring skills
- Mentoring- change the odds
- Mentoring Preparation
- Meeting with the mentee for the first time- interview questions.
- Mentoring Goals. Let's be S.M.A.R.T
- The end is the new beginning



- Success what does this look like

## Will I gain any qualifications?

You will gain a Continuing Professional development Award in mentoring with 12 CPD units.

## Course length

12 hours – usually 4 weekly sessions of 3 hours

## Entry requirements

Learners must be at least 18 years old.