

Effective Mentoring Skills for Mentors

Trainer: Moira Blake, Head of Organisational Development

Duration: 3 hours

For: All staff who are interested in becoming a mentor

Who is it for?

This is a half-day workshop for all staff interested in becoming mentors. You do not need to have any experience of mentoring to become a mentor. The workshop will provide an essential toolkit for those staff members who would like to develop their mentoring skills.

Workshop objectives:

- Define mentoring and understand the differences between mentoring and coaching
- Understand the boundaries for a mentoring relationship and how to contract effectively
- Develop core mentoring competencies, develop key skills and understand models for mentoring
- Understand the importance of co-supervision in mentoring
- Learn to self-reflect and appraise mentoring capabilities to identify areas for personal development