



Becoming a successful mentor

COURSE OVERVIEW

Becoming a successful mentor is designed to help individuals who are being approached to be a mentor. Participants will gain an understanding of the purpose of being a mentor, the fundamental mentoring skills and how to manage the mentoring relationship. The training is designed to be interactive with each lesson engaging participants to complete activities and worksheets developing personal insight into how they can be a successful mentor. The course concludes with experiential application of mentoring skills learnt in practical based activities.

COURSE IS IDEAL FOR

This course is designed for individuals new to mentoring wanting to understand the mentoring journey from the mentors perspective and develop mentoring skills.

LEARNING OUTCOMES

- Identify and understand what a mentor is
- Embrace key communication models to enhance mentoring process
- Participants will be able to identify the key frameworks for running a successful mentoring session
- Participants are able to apply to mentoring theoretical frameworks to achieve driven outcomes
- Develop a mentor toolkit

TRAINING INCLUSIONS

- 3 x 1 hour trainings via Zoom
- 3 x 1 hour post-training Q+A via peer mentoring group
- Online training videos
- 1 x 1 hour live triad live mentoring session
- Training activities and resources
- Access to peer mentoring group
- Certificate of attendance

TOPICS COVERED IN THIS COURSE

PURPOSE OF A MENTOR

- 4 Phases of mentoring
- Types of mentors
- Identify your ideal mentee
- Being asked to be a mentor
- Four step process to setting boundaries

BENEFITS OF A MENTOR

- Outlining the journey
- The coaching conversation
- Building rapport
- Genuine listening
- Asking smart questions
- Direct communication

IDENTIFY YOUR MENTOR

- Running a mentoring session
- Mentor session framework
- Providing positive and constructive feedback
- Transitioning out of the mentoring relationship

BEING A MENTOR - TRIAD SESSIONS

During these sessions, you will be matched with a training partner and a mentor coach. Participants will use provided templates and training knowledge to mentor their training partner in a 20 minute live session. At the end of the session the mentor will be provided feedback by the mentor coach to enhance skill development and build confidence.