



## COACH AND MENTOR TRAINING WORKSHOPS

### SAMPLE PROGRAMME

This **half-day** programme helps mentees to get maximum benefit from their mentors by helping them to prepare well and to understand the role and responsibilities of mentor and mentee.

- The role of the mentor and mentee
- The importance of contracting
- Live mentor demonstration
- Prepare for your first session by answering five key questions.

*lead, inspire, succeed*