



COACH AND MENTOR TRAINING WORKSHOPS

SAMPLE PROGRAMME

A successful and effective mentor is able to recognise and unlock people's real potential as well as providing knowledge, guidance and information. This **one-day** workshop supports mentors in the practical development of their mentoring skills and will enable them to develop, support and challenge their mentees.

- The role of the mentor
- Key skills of an effective mentor
- The importance of contracting
- The role and responsibilities of the mentor and mentee
- Live mentoring demonstration
- Career goals – how to work towards them
- Preparing for and structuring mentor sessions
- Mentor practice sessions in small groups with feedback.

lead, inspire, succeed