

Mentoring

Aim To provide participants with the knowledge and skills required to support the deeper and longer-term development of others through effective mentoring

Objectives By the end of this workshop, participants will be able to:

1. Describe the purpose and nature of the mentoring relationship
2. Explain how the role of a mentor compares to that of a manager, trainer or coach
3. Describe the attributes and skills required to be an effective mentor
4. Evaluate the effectiveness of mentoring sessions accurately
5. Mentor others effectively and develop themselves as a result of the mentoring process
6. Produce a personal action plan based on the insights that they have gained during the day

Format

This workshop incorporates concepts and theory with interactive exercises

Overview

- An exploration of the purpose and nature of the mentoring relationship
- How to manage the mentoring process
- The attributes required to be an effective mentor
- The nature of wisdom and the process of acquiring it
- The emotional intelligence required to work at a deeper level with people
- An exploration of the enhanced communication skills required to be an effective mentor
- How to avoid the common mistakes that mentors can make
- An exploration of how mentoring can help others gain deeper insight and wisdom
- Participants practice using the techniques they have learnt
- Evaluating your effectiveness as a mentor
- Participants will finalise their personal action plans

