

MAKE THE CONNECTION



MENTORING TRAINING

**FOR THOSE WHO ARE ATTENDING
WORK PLACEMENTS/TRIALS/EXPERIENCE; VOLUNTEERING
OPPORTUNITIES or NEW EMPLOYMENT**

DELIVERED AS A HALF DAY COURSE

WORKING IN PARTNERSHIP WITH BOOTSTRAP ENTERPRISES, JOB CENTRE PLUS, TRAINING 2000,
CONNEXIONS, BLACKBURN COLLEGE, APPRENTICESHIPS R US AND THE PRINCE'S TRUST

The aim of this course is to give an understanding of the principles of mentoring and expectations to those who are entering a new company. They will be matched with an employee within that company who will become their mentor. The course is fully interactive, is packed with information and includes multiple activities. This course is designed to learn about mentoring in a fun and enjoyable way and on completion, delegates will have sufficient skills and knowledge to participate in a mentoring relationship. They will also be awarded with a certificate. A bespoke personalised travel plan and transport costs assistance will be included in this package.

Who should attend? This course is for those who will be attending a work placement/trial/experience; a volunteering opportunity or have gained new employment.

Length of training course: 3.5 hours. Cost: Free (funded by CONNECT).

**Cheryl Sandford
Blackburn with Darwen Borough Council
Certified from the University of Lancaster in Managing Community Mentoring Programmes
Tel: 01254 588814
Mob: 07860 595380
E-Mail: cheryl.sandford@blackburn.gov.uk**



MAKE THE CHANGE, MAKE THE CONNECTION



Session One

Introduction

The CONNECT project

Icebreaker Activity

What is mentoring?

Who needs a mentor?

Who could be a mentor? What qualities do we look for?

What is peer mentoring?

Mentoring skills and Interpersonal skills

Why do people volunteer? – Activity

Life goals – Activity

Communication skills – Activity

Coffee Break

Session Two

Key skills

Positive role models – Activity

Getting started and setting goals

Learning experience

New skills – Activity

Impact on mentors; empathy for mentees

Building rapport – Activity

Primary Communication Styles and Emotional Intelligence

Problem Solving