



South East Mentoring – Mentor’s network meeting 19th September 2009

Workshop on skills, learning and support needed

Listening – identifying key points – what is the problem?

Skill of being able to boost confidence

Assertiveness – how do we get mentees to ask for what they need

- Training for mentees and/or mentors
- Train mentors to train mentees
- Separate skill workshops for mentors

At start of process

- Role theatre to help mentors develop confidence – have actors
- ‘Buddying’ with people at same stage of mentoring ‘career’

Need for more supervision / checkup every now and again

Are you influencing too much? – Encouraging independent thinking

Knowing your boundaries/limits – knowing when to back off or refer on

Being self-aware of where you own ‘pinchpoints’/vulnerabilities and having strategies to deal with it.

Listening skills – do a session at next network meeting

Using sessions for introduction to techniques, e.g. NLP

Using skills within network

Three emails a year – put links including mentoring tips

Feedback at end of mentoring relationship