

Mentoring Skills

Programme

Pre-course information: Some advanced reading will be sent out with some technical information, ideas, definitions and structures used in mentoring which we hope you find interesting.

9.00 a.m. - Coffee and introductions

9.30 a.m. - Quiz - What is and what isn't mentoring

10.30 a.m. - Contracting and boundaries in a mentoring relationship

11.15 a.m. - Coffee

11.30 a.m. - Listening skills, the science of listening, tips and practise

1.30 p.m. - Lunch

2.00 p.m. - Mentoring skills, problem solving and practise

3.15 p.m. - Tea

3.30 p.m. - The place of past experience

3.45 p.m. - What's the appropriate amount of challenge for your mentee

4.00 p.m. - Going forward

4.45 p.m. - Finish