



About the 1 - 1 mentoring sessions

When?

Sessions will take place weekly for the period of one school year. The day of the week will usually remain the same, however this may be subject to change depending on the timetable of the mentor / mentee.

Who?

The meetings will take place with the mentee and their allocated mentor only.

Role of the mentor?

Mentoring can have a number of different purposes depending on the needs and wants of the mentee. These mentoring roles could include:

- Empowering the mentee
- Offer information, experience and advice
- Provide access to knowledge, opportunities or networks
- Listen and understand the mentee's problems without judging them
- Question or challenge the mentee when appropriate
- Enable the mentee to find their own way through a situation
- Help the mentee to remain in school and have a better relationship with education
- Support the mentee to pinpoint their ambitions and the steps they need to take to achieve them

Outcomes?

Essentially the mentor's role is to support the mentee to reach their potential and overcome any issues affecting their learning or life outside of school. We have however seen the mentoring relationship have a number of outcomes and benefits for the young people who we have worked with over a significant period. These include:

- Increased confidence, self-esteem and self-awareness
- Realise and develop their potential
- Having an independent listener
- Having a consistent and confidential relationship with someone they trust
- Increased self-awareness
- Improved employability
- Develop strategies to overcome setbacks and obstacles
- Learn to identify and set achievable steps towards achieving their goals