



# MENTORING WORKSHOP

## Delivery Format



### Face to Face Group Workshops

Maximum 12 participants  
1 day



### Live, Virtual Group Workshops

Maximum 12 participants  
1 day

## Who Should Attend?

Anyone who is providing mentoring, either as part of a formal mentoring programme, or informally. Also valuable for anyone who:

- ✓ Has line management responsibility
- ✓ Leads a team
- ✓ Has supervisory responsibility for peers or colleagues
- ✓ Wants more confidence in supporting colleagues to develop their knowledge, skills or potential
- ✓ Supports colleagues who may be less experienced or new to role
- ✓ Wants to build on their existing coaching skills and abilities

## Workshop Overview

Tried and tested with some of our biggest clients, this popular, 1-day practical workshop provides an invaluable foundation for those taking on mentoring responsibility. We help participants understand the key differences between mentoring coaching, training and counselling, and practically explore the essential skills and tendencies of expert mentors. This highly-participative workshop builds confidence in understanding the boundaries and commitments of mentoring, as well as the practical skills which lead to a fruitful mentoring relationship for both the mentor and mentee.

## Key Objectives

Participants will leave the workshop with strategies and practical actions to:

- ✓ Clearly define what mentoring is and isn't
- ✓ List the benefits of a strong mentoring relationship
- ✓ Articulate their 'brand' as a mentor
- ✓ Build rapport and trust quickly with their mentees
- ✓ List and demonstrate the essential skills of an effective mentor
- ✓ Describe the pull / push continuum and how this affects them
- ✓ Recognise the importance of contracting
- ✓ Define a clear structure for their mentoring conversations
- ✓ Apply their knowledge immediately in a practical way

This upbeat, practical workshop provides a consistent approach to mentoring relationships across the organisation, maximising the benefit of this valuable time away from the role for mentors and mentees. Participants will be using their new knowledge and skills immediately, in both mentoring and other key relationships at work.