

# Mindful Mentoring



## Overview

This program sets mentors up for success, giving them the structures, skills and confidence to build trusting relationships with their mentees and provide them with effective support and challenge.



## Learning objectives

- Learn how to build trust, safety and rapport
- Understand how and when to share expertise
- Reflect on your natural mentoring style
- Know how to flex your mentoring style to match the needs of your mentees
- Practice listening and questioning at a deeper level
- Explore some practical tools you can use to support your mentees
- Learn 'tricks of the trade' from a professional coach



## Who is this for?

Anyone in a mentoring role. The program has been successfully delivered to mentors of principals, teachers and students.

## Key content

- Mentoring contract
- Four Faces
- Situational mentoring
- Trust equation
- See Hear Speak
- Levels of listening
- Powerful questions

## ONE DAY WORKSHOP

Interactive professional development day for 25 people facilitated by a professional coach

US\$2,500 + expenses

Can\$3,375 + GST + expenses



**98% of those we  
coach would  
recommend our  
coaching to colleagues**

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