

Mindful Mentoring



Overview

This programme 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
- Practise 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 programme has been successfully delivered to mentors of headteachers, teachers and students.

Key content

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

1-TO-1 COACHING

Personal leadership coaching including five coaching sessions with a professional coach plus online learning
£875 + VAT (5x60 mins)

GROUP COACHING

Collaborative learning experience including five 90 mins sessions via Zoom plus online learning
£1975 + VAT for up to 6 participants

WORKSHOP

Interactive learning day for 25 people
(in person or virtual)
£1825 + VAT + expenses



"I have become a well - rounded person who not only uses technical skills to engage people but have learnt to thoroughly listen to what my mentees communicate. I have learnt to be more versatile in using different approaches for different individuals and different circumstances"

Mentor