

What is mentoring?

- Mentoring is a time-limited, goal-orientated relationship that can support personal, educational and vocational learning and development. It involves an experienced person providing guidance and support to another (less experienced) person.
- For this project, the following definitions are used:
 - Time-limited = for one hour per week for six months;
 - Goal-orientated = the mentee will work towards up to three goals which they will decide on together with their mentor.
- We will try our best to match you with somebody who has experience in at least some areas of life that your goals are concerned with and if you don't feel things are working with your mentor, we will try and find a more suitable match.



What will the sessions be like?

- The content of the discussions should be led by your goals for the mentoring.
- The sessions can take place face-face, over telephone, Skype or online – that is for you to choose and agree with your mentor.
- The content of the meetings will be confidential except if the mentor thinks there is a risk to either you, them or another person – if this happens they will tell you what it is they can't keep confidential and who they need to speak to about it.
- You and your mentor will keep a brief record of your discussion.

What kinds of things will a mentor do?

- Help you with setting and working towards goals – this may involve helping you to prioritise and manage your time;
- Support you through change and transition;
- Help you problem solve challenges within social and personal interactions;
- Support you to develop self-confidence;
- Support you when getting to know new environments or procedures;
- Offer advice and guidance based on their own experiences;
- Help you explore options for future developments;
- Give you constructive feedback.



What kinds of things won't a mentor do?

- Meet you outside of the agreed one hour mentoring;
- “Do things” for you – they will encourage and support you to do things for yourself;
- Invite you to their home;
- Speak to people on your behalf;
- Set your goals for you.



If you want to speak about any of these points further or feel that your mentor isn't doing the things they should / is doing things they shouldn't, please contact the researchers:

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