Mentoring – a bite-sized overview

45-minute virtual 'taster' session

What, exactly, is mentoring? How can it help?

Have I got the skills and qualities needed to be an effective mentor?

What are the pitfalls? Are there any guidelines to follow?

How can I be a more purposeful mentor? How can I develop that aspect of my management or leadership style?

If your organisation is trying to make more effective use of mentoring, then these are the questions you should be asking – and which this short session is designed to help answer.

Learning objectives

- Understand mentoring and its benefits for mentor and mentee
- Learn the key skills and qualities for effective mentoring beyond the usual generic descriptors
- Understand how this relates to your own practice and those of your organisation when considering becoming a mentor or providing mentoring support
- Formulate an action plan based on a reflective practice approach

Expert presenter

Amanda Dudman is an extremely popular trainer, facilitator, coach, mentor and consultant. The author of books on both coaching and mentoring, she leads our coaching and mentoring practice.

Session outline (45 minutes)

1   What is mentoring?
- The origin of the term and what it encompasses in 21st century practice
- What it is and isn't
- 'Mentoring' or a 'mentoring approach'?

2   Skills and qualities needed
- Identifying the skills and qualities
- Using these with a behavioural model of mentoring

3   Applying this in practice
- Developing and using the qualities and skills that make you an exemplar mentor
- A quick note about ethics and boundaries

4   Actions and next steps
- Personal action planning, using reflective practice

Session format

Sessions are usually run on Zoom or Teams. Please let us know if you prefer a different platform.

Groups of up to 12 recommended, up to 20 if necessary. Please let us know if you have a larger group and we can tweak the session accordingly.

All participants receive a PDF of the slides, key learning points and pointers to further learning resources.