

Mentoring in the workplace Workshop – 1 Day

Mentoring is a powerful personal development and empowerment tool. It is an effective way of helping people to progress in their careers and help people realise their potential.

Workshop Aim:

This one day workshop aim is to consider the competences, skills and attributes required by a mentor.

What you will take away from the Workshop:

- Define the role of the mentor in the context of the workplace
- List the competences, skills and attributes of the mentor
- Describe the skills required for building rapport
- Explain how people learn and how to appeal to all learning styles
- Prepare and rehearse for a mentoring meeting

Workshop Content:

- What is Mentoring
- Identify Learning Opportunities
- Gaining Rapport
- Managing Mentoring Meetings
- Giving and Receiving Feedback

Pre-course Activity

To gain the maximum benefit from the course, you will be sent an activity to complete which asks you to consider your experiences of mentoring in the workplace. This will help you set the context of the course and will be used in the training as part of the course activities.



For information and support

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