



The Mentoring
School

Basics of Mentoring

Handbook

Welcome

Hi there, welcome to the course!

This course is designed to give you an introduction to the basics involved in an area often overlooked in mentoring – the underlying theory and principles. We'll go through the basic knowledge that all mentors should have in these 4 short videos.

Based on years of experience, this course will help you to provide high quality effective support for the mentees you are working with. We want to help you to help them thrive!

This handbook is for you to download, print and make your notes in. At the end of the short course there is a quiz to test your knowledge.

Enjoy the course!

A handwritten signature in black ink that reads "Richard Curtis". The signature is fluid and cursive, with a long horizontal line extending from the end.

Richard Daniel Curtis
CEO, The Mentoring School

The foundations of the mentoring relationship

List some ways you build a trusting relationship with your mentees

What are the stages of the Mentor's Mantra?

1.

Mentor's Enquiry (ask an open question)

2.

3.

Mentee Decision (what way forward they want to go)

4.

Why is silence an important part of a mentor's work?

Mentoring delivery

What are the two types of mentoring?

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-

What different ways are there of operating a mentoring relationship

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- -
 -
 -
-

Reasons for ending a mentoring relationship

- 1.
- 2.
- 3.
- 4.

Supporting mentors

What is reflective practice?

What is supervision?

Mentoring boundaries

What are appropriate boundaries for mentoring?

What records do you keep of your mentoring sessions?

What is unconscious bias?

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For more copies or further details please contact:

The Mentoring School
3 Merridale Road, Southampton, SO19 7AB, United Kingdom
E: hello@thementoringschool.com
W: www.thementoringschool.com

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