

# LIFE MENTOR QUALIFICATION



Introducing the Life Mentor Qualification, a certified program designed for those who use their lived experience to help others in similar situations.

## PROGRAMME DETAILS

- ✓ eLearning
- ✓ Group Learning Options
- ✓ Certification

Learners complete a reflective assignment to gain a Level 3 Certificate in Life Mentoring from Open Awards.

# REBUILDING CONFIDENCE

## EMPATHY, TRUST, EMPOWERMENT

Mentoring builds a relationship of trust between mentor and mentee. From this trust you can create a secure space to identify and break down issues, create strategies and tackle those issues in a constructive manner.

Pastoral mentoring is the practice of addressing the barriers or blocks a mentee is facing in their lives. Mentors look beyond the behaviours to see the underlying causes and emotional experience. They plan or support the mentee to overcome those blocks or barriers. Technical mentoring involves supporting someone to learn new skills.

Multi-award-winning training providers, The Mentoring School, have developed a program using a trauma-informed approach. The course is designed for professionals and volunteers who use their lived experience to help others facing similar challenges. It shows learners how to identify and relate to the their mentee's mindset and learning style, whilst giving them confidence in building a relationship of trust with their mentee as they work through complex situations.

The specialist program covers up to date good practice skills in working with individuals or groups, including the practical skills to help their mentees regain control of their situation and feel empowered to look to the future.

## ASSESSMENT

Learners complete a reflective assignment to gain a Level 3 Certificate in Life Mentoring from Open Awards. This includes a reflection on how they have applied or would apply the skills (if they have not begun mentoring).



## COURSE CONTENTS:

- You And Your Work
- Mentoring And Coaching
- Common Barriers
- Learning Styles
- Emotional Intelligence
- Preparation For The Future
- Mindset
- Good Mentoring Practice
- Group Mentoring
- Individual Mentoring
- Involving Others
- Supporting The Mentee
- Giving Feedback

**Can be adapted to include your policies or procedures.**