

Certified Life Mentor Programme

Helping you to use your experience to change the lives of others



Sharing your success

Programme delivery

Available as:

- 3-day group learning
- 6 x 3-hour group learning sessions
- Fast Track blended learning (eLearning and 1-day group learning)
- eLearning

These are then followed by a portfolio to gain the qualification.

The total time is approx. 24-50 hours.

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).

They also have the option to sign up to the official Register of Mentors as an accredited mentor.

Introducing the Practitioner Life Mentor, a certification designed to recognize those who have been on their own journey and are using it to help others.

Mentoring is very different from coaching. A mentor has experience of the field they are mentoring in.

Life Mentors have often gone through a personal journey and come out of the other side. Now they want to use that learning for good and help other people going through similar journeys.

Experience, passion,



Multi-award-winning training providers, The Mentoring School, have developed a programme to help you learn how to use those experiences for the benefit of others.

Our accredited programme covers up to date good practice skills in working with individuals or groups and will help you to volunteer or get paid to mentor others going through what you endured.



Contact Richard on +442381 120010



fulfilment



Our specialist Programme covers:

- Good practice for mentors
- Mentoring theory
- The difference between coaching and mentoring
- Getting mentees
- Structure of mentoring conversations
- Working with individuals or groups
- Mental health

Programme contents

- You and your work
- Mentoring and coaching
- Common barriers
- Learning styles
- Emotional intelligence
- Mindset
- Preparation for the future
- Getting mentees
- Good mentoring practice
- Individual mentoring
- Diversity
- Group mentoring
- Involving others
- Supporting the mentee
- Mentoring and mental health
- Giving feedback

Technical mentoring involves supporting someone to learn new skills.

Pastoral mentoring involves developing the whole person, which may include elements of technical mentoring.

Which would you like to do?



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