

# TRAINING DAY PLAN

## PURPOSE OF THIS TRAINING:

Provide Introduction to Mentoring training for participants in the bespoke SST Training & Mentoring programme. Develop understanding of, and skills in, effective mentoring practice.

	Modules Covered
1	<b>Introduction</b> - an overview of the SST Training & Mentoring programme as a whole, ensuring staff are clear on the overarching aims.
2	<b>What is mentoring?</b> Exploring people's expectations and goals of being a mentor.
3	<b>The mentoring relationship</b> - Examining the elements which influence mentorships, roles and responsibilities.
4	<b>Mentoring sessions</b> - Understanding the different ways to structure sessions, with specific focus on effectively supporting NTU Individual Research Plans.
5	<b>Good practice as mentors</b> - Establishing safeguarding, boundaries, confidentiality, and risk assessments.
6	<b>Progress in mentoring</b> - Recognising and demonstrating progress, knowing when mentorship is reaching the end of its cycle.
7	<b>Record keeping</b> - Understanding the importance of keeping accurate session records and progress reports, with practical examples.
8	<b>Referrals</b> - Exploring how someone may be referred to a mentor, and how a mentor may need to involve other parties in providing support.
9	<b>Reflective practice</b> - Examining how personal experience influences mentor practice, how to access support as a mentor, and the importance of continuous development of practice