



Mentoring Workshops

For Mentors
and Mentees





TRAINING WORKSHOPS FOR MENTORS

PREREQUISITE



Completion of Art of Mentoring Online Training for Mentors (90 mins) and completion of a mentor skills self-assessment (5 minutes).

TOPICS

- Mentor skills self-assessment
- The role of a mentor
- Key styles, skills, and approach of successful mentors
- Asking powerful questions (exercise) and guiding the conversation (exercise)
- How to work with a mentee on goal-setting
- What makes a productive mentoring relationship
- What can go wrong in mentoring and how to avoid it

CONTACT US

info@artofmentoring.net

WORKSHOP OVERVIEW

The goal of the workshop, in combination with the prerequisite online training, is to equip mentors with the basic knowledge, skills and tools they need to achieve a productive learning alliance with a mentee, and to avoid the common pitfalls and obstacles that untrained mentors face.

Mentors are asked to complete a 90 minute online training course prior, to allow time for discussion of the content and principles in the workshop.

The online course structure combines engaging instruction, mentoring demonstrations, interviews with experienced mentors and mentees, reading materials, tools and downloadable resources.

The workshop is highly interactive, with breakout room discussions and exercises.



DURATION
60 Minutes

Workshop is available face to face or virtually





TRAINING WORKSHOPS FOR MENTEES

PREREQUISITE



Completion of Art of Mentoring Online Training for Mentees (90 minutes) and completion of a mentor skills self-assessment (5 minutes).

TOPICS

- Mentee skills self-assessment
- The role of a mentee
- Key styles, skills, and approach of successful mentees
- How to establish purpose and goals for mentoring (exercise)
- What makes a productive mentoring relationship
- What can go wrong in mentoring and how to avoid it

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WORKSHOP OVERVIEW

The goal of the workshop, in combination with the prerequisite online training, is to equip mentees with the basic knowledge, skills and tools they need to achieve a productive learning alliance with a mentor, and to avoid the common pitfalls and obstacles that untrained mentees face.

Mentees are asked to complete a 90 minute online training course prior, to allow time for discussion of the content and principles in the workshop.

The online course structure combines engaging instruction, mentoring demonstrations, interviews with experienced mentors and mentees, reading materials, tools and downloadable resources.

The workshop is highly interactive, with breakout room discussion and exercises.



DURATION

60 Minutes

Workshop is available face to face or virtually





MENTORING TOOLS & TECHNIQUES WORKSHOPS

PREREQUISITE

Nil



WORKSHOPS

With four workshops to choose from, our mentoring tools and techniques workshops support both mentors and mentees to deepen their understanding of mentoring and refine skills for optimal outcomes in mentoring relationships.

DELIVERY METHODS

All workshops can be delivered both online and in-person, depending on the needs of your team.

Maximum 30 participants.

DURATION

2 or 4 Hour Sessions
Available



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EFFECTIVE RELATIONSHIPS USING A MENTORING APPROACH

Empower your employees with the skills to employ a mentoring mindset in their workplace relationships. Learn how to be the best mentor or mentee through practical guidance.

CONNECTED LISTENING

Learn the mindset, skills, and tools necessary to deeply understand your mentee's needs. This workshop goes beyond the basics, fostering a transformative relationship for both mentors and mentees alike.

POWERFUL QUESTIONING

This workshop equips mentors with invaluable models and tools for posing impactful questions.

FOUNDATIONS FOR EFFECTIVE MENTORING

Kickstart your mentoring journey on a solid foundation, arming yourself with the tools needed for a successful mentorship experience.





HALF-DAY MENTORING MASTERCLASS

PREREQUISITE



Completion of Art of Mentoring Online Training for Mentors (90 minutes), the Art of Mentoring Training Workshop for Mentors, or equivalent. At least 3 months of mentoring experience.

TOPICS

- Overview of mentoring as a learning conversation
- Mentoring basics review
- Mentoring mastery
- Mentoring maturity model
- The mindset of the masterful mentor
- Being present & mindfulness
- The science of empathy, emotional resonance
- How to manage your own inner state
- Techniques and tools
- Sharing techniques already being used
- 4-7 new tools/techniques and practice
- Create a Personal Development Plan

WORKSHOP OVERVIEW

This interactive mentor training masterclass is for mentors who are ready to go beyond the basic skills of developmental mentoring.

The half-day intensive event covers the latest mentoring theories and provides an opportunity to try out new tools and techniques. The workshop is highly interactive, with breakout room discussions and exercises.

It has three main elements:

- Introduction and exploration of latest theories and practice in managing the learning conversation, setting and pursuing goals, listening, mindfulness, and crafting powerful questions.
- Sharing of tools and techniques based around issues participants have encountered in their own practice – and opportunities to try these out.
- Creation of a personal development plan as a mentor.



DURATION
4 Hours

Workshop is available face to face or virtually





GOAL SETTING WORKSHOP FOR MENTEES

PREREQUISITE



Completion of Art of Mentoring Online Training for Mentees (90 minutes) highly recommended. Pre-reading of the Art of Mentoring Goal Tool for Mentees document.

TOPICS

- Why mentees need a mentoring purpose
- Their role and the mentor's role in goal setting
- Common goal areas and example mentee goals, to help trigger ideas
- Tools to record and track mentee goals
- Key tips for goal setting

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WORKSHOP OVERVIEW

Mentees should prioritise personal growth and motivation through clear, well-defined goals.

Their awareness of these goals can vary, but working with a mentor to define or refine them is crucial for effective growth and development during mentoring.

The Goal-Setting Workshop for Mentees assists in this process:

- Identify what they'd like to achieve from their mentoring relationship
- Translate that overall purpose into one or more goals
- Work with their mentor to measure and track their progress



DURATION
75 Minutes

Workshop is available face to face or virtually



GOAL SETTING WORKSHOP FOR MENTORS

PREREQUISITE



Completion of Art of Mentoring Online Training for Mentors (90 minutes) highly recommended. Pre-reading of the Art of Mentoring Goal Tool for Mentors document.

TOPICS

- Why mentees need a mentoring purpose
- Their role and the mentee's role in goal setting
- Common goal areas and example mentee goals, to help trigger ideas
- Questions to help a mentee articulate their goals
- Tools mentees can use to record and track their goals
- Key tips for goal setting

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WORKSHOP OVERVIEW

Mentees must prioritise personal growth and development by setting clear, well-thought-out goals. New mentees may have varying levels of goal awareness, ranging from specific objectives to a general need for guidance.

Regardless, working with their mentor to define, refine, or explore goals is crucial for productive mentoring and personal growth.

The Goal-Setting Workshop for Mentors aims to equip mentors with the tools to:

- Help their mentee identify what they'd like to achieve from their mentoring relationship
- Translate that overall purpose into one or more goals
- Work with the mentee to measure and track their progress



DURATION
75 Minutes

Workshop is available face to face or virtually



CUSTOMISED TRAINING WORKSHOPS

PREREQUISITE



Prerequisites will depend on the training objectives and outcomes. These may include completing the of Art of Mentoring Online Training for Mentors/Mentees (90 minutes) highly recommended.

DELIVERY METHODS

Customised workshops can be delivered both online and in-person, depending on the needs of your team.

DURATION

Workshop duration times are customised in accordance with your organisational requirements.



ABOUT OUR WORKSHOPS

We understand that each organisation has unique needs and preferences when it comes to mentoring workshops. That's why we offer tailored, bespoke mentoring workshop topics that are designed to meet your specific requirements and goals.

Whether you're looking to enhance leadership skills, improve team dynamics, or address specific challenges within your organisation, our team is here to assist you.

We believe in the power of personalised guidance and training to help you achieve your desired outcomes.

GET IN TOUCH

Contact our team our team to have a more in-depth discussion about your organisation's mentoring training requirements.

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