**Mentoring Service**

**What is a mentor?**

As a mentor you will meet with a young person and build a positive relationship with them in order to support them to achieve their goals. Goals are as varied and individual as young people themselves! Goals can be leisure or skill-based, such as learning to play guitar, boxing or cookery; employability-based such as researching and applying for employment, training and education opportunities; or a personal skill such as developing the confidence to order a cup of coffee independently or self-travel on the bus. Together you will plan how to achieve the goal and review progress they make.

**What makes a good mentor?**

A mentor is passionate about supporting a young person to realise and unlock their full potential. You will need to be a good listener and communicator and be supportive and encouraging towards young people. A good mentor is reliable and committed to the mentoring programme with the time, capacity and patience to work with a mentee.

Mentors come from all walks of life and there are no specific qualifications or experience required. You will receive full training and an induction. You will continue to be supported by a staff member once you are matched with a mentee.

**What will I do as a mentor?**

As a mentor you will meet on a regular basis with a young person to help them to set and achieve goals. This may be meeting in a café to discuss goals and develop a plan of action, a trip to a museum to learn more about a particular interest, or a walk up Arthur’s Seat to exercise outdoors! You will be fully supported by a member of staff and will receive regular support and supervision meetings both with and without your mentee.

We ask our mentors to commit to about 2 hours of volunteering a week for at least 6 months.

**What are the benefits of being a mentor?**

You will receive full training as well as the opportunity to attend regular mentor social events and professional development evenings. Previous professional development evenings have included mental health awareness and first aid training. You can suggest areas that you would like further training and support with.

Most importantly of all you will have the opportunity to work with a fantastic young person and to be a part of their journey as they realise and work towards unlocking their full potential!

**Values, Qualities and Skills**

**Values**

* Ability to appreciate and value the differences between people
* Accepting of others for who they are
* Belief that everyone has the right to realise and achieve their potential
* Belief that we can make a difference to our own and other people's lives

**Qualities**

* Excellent communicator
* Good listener
* Reflective
* Reliable and dependable
* Ability to form positive and supportive relationships with others
* Willingness to challenge your own assumptions about things
* Ability to work well independently and use initiative, while also knowing when to seek support and advice
* Ability to focus on another person's needs and situation

**Skills**

* Ability to understand and work to the policies, procedures and practices of Move On
* Ability to complete a short feedback form after each meeting with your mentee
* Ability to organise meetings with your mentee

