



# 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](mailto:info@artofmentoring.net)

## ABOUT THE WORKSHOP

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

## CONTACT US

[info@artofmentoring.net](mailto:info@artofmentoring.net)

## ABOUT THE WORKSHOP

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







# 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

## ABOUT THE WORKSHOP

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





# MENTORING IMMERSION FOR EXPERIENCED MENTORS

## PREREQUISITE



Completion of Art of Mentoring Online Training for Mentors (90 minutes) plus at least 6 months of mentoring experience.

## TOPICS

- Mentoring mastery
- Mentoring maturity model
- The mindset of the masterful mentor
- The science of empathy, emotional resonance
- Managing your own inner state
- Reflective practice – understanding one's own skills and limits as a mentor and trouble-shooting issues
- Techniques and tools
- 4-7 new tools/techniques and practice
- Mentoring and Diversity
- Putting it all together in practice sessions
- Creating a Personal Development Plan

## ABOUT THE WORKSHOP

There is always more to learn about mentoring. The best way to learn is by experience.

The two-day immersion 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 discussion and exercises.

It has five main elements:

- Exploration of latest theories and practice in managing the learning conversation, setting and pursuing goals, listening, mindfulness, and crafting powerful questions;
- Reflective practice;
- Sharing of tools and techniques based on issues participants have encountered in their own practice – and opportunities to try these out;
- Mentoring across differences
- Creation of a personal development plan as a mentor

## DURATION

**12 Hours - over 2 days  
or four x 3-hour sessions**





# 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

## CONTACT US

[info@artofmentoring.net](mailto:info@artofmentoring.net)

## ABOUT THE WORKSHOP

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

## CONTACT US

[info@artofmentoring.net](mailto:info@artofmentoring.net)

## ABOUT THE WORKSHOP

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.

## GET IN TOUCH

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

## CONTACT US

[info@artofmentoring.net](mailto:info@artofmentoring.net)

## 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.

## DURATION

Customised in accordance with organisational requirements

Workshops available face to face or virtually

