

Mentoring Works!

The Benefits and Pitfalls of Mentoring





Overview

- What is mentoring?
- Mentoring vs. Coaching
- The benefits of mentoring
- What makes it successful?



What is Mentoring?

Mentoring aims to provide a **structured and trusting relationship** that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee.



Programs & Combinations

	1 to 1	Group	Team	Peer
School Based	✓	✓	✓	✓
Community Based	✓	✓	✓	✓
E- mentoring	✓			



Mentor Vs. Coach

- Focuses on the individual
- Is a facilitator with no agenda
- Emphasis is on affirmation and allowing the individual to learn about themselves
- Passes on skills on life

- Focuses on performance
- Has a specific agenda
- Emphasis is on teamwork/ performance
- Teaches skills for the related tasks



Benefits of Mentoring

Research has shown that mentoring can have a range of positive outcomes for young people including :

- Is a positive strategy to youth development
- Is a deterrent for risky behaviour (reduces alcohol, drug taking and criminal activity)
- A way to improve academic performance and retain students in education
- Can assist with choosing a career and then career development
- Increases social networks



Benefits of Mentoring

Flexible Model

Can work along side other support services a young person may be receiving



Caution!

Mentoring is **not** a panacea

It may also **not be the right** program for **all** young people.

Important that every program is designed to suit the needs of the young people it hopes to help in that community.

There is **no one size fits all** model.

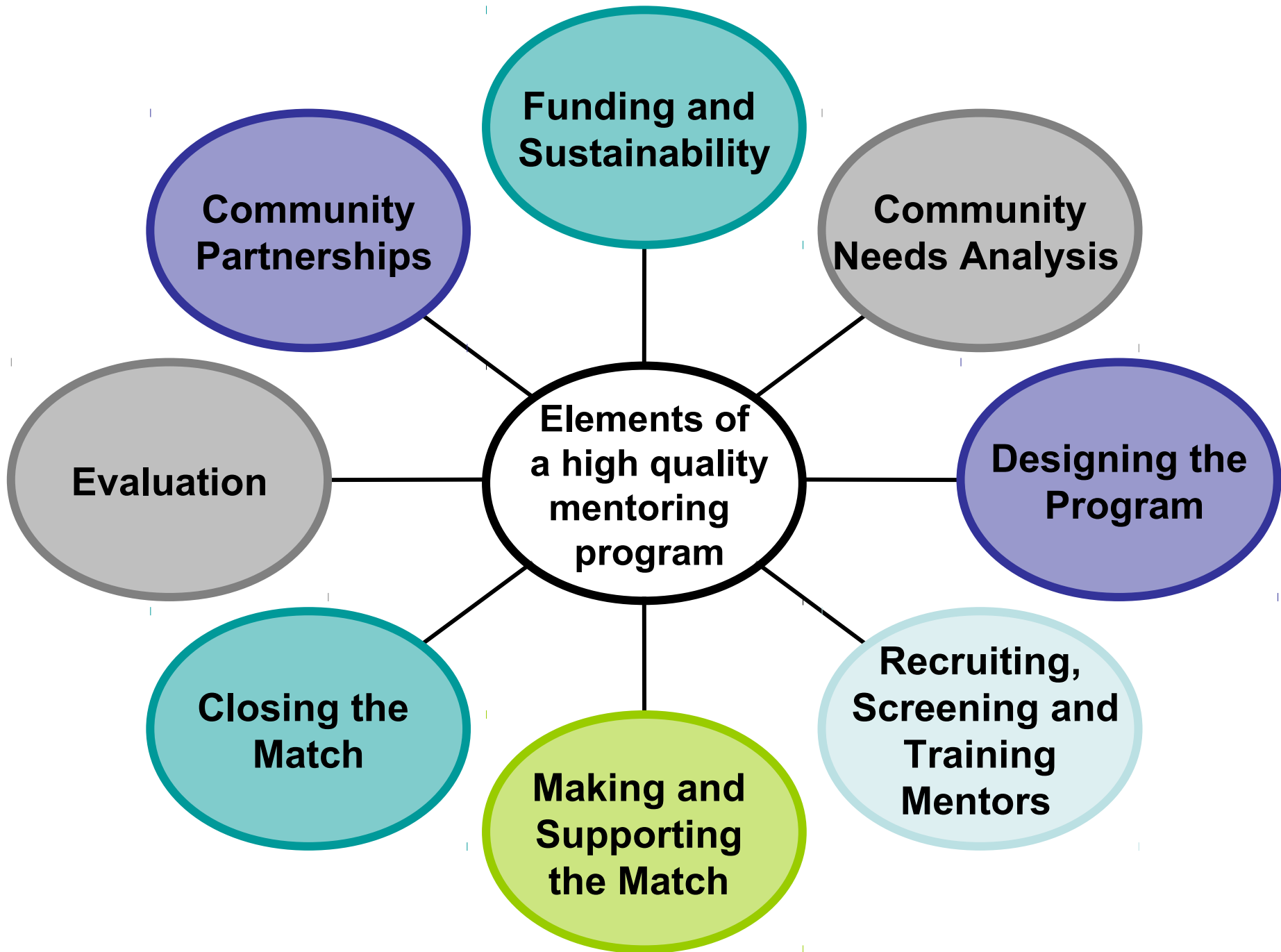


A Successful Program

What is involved in setting up a high quality mentoring program?

If not run properly a Mentoring program can cause more harm than good.

(Jekielek et al, 2002 "Mentoring: A promising strategy for youth development", Child Trends)





Getting Help!

Youth Mentoring Website - www.youthmentoring.org.au

- Tools and Resources
- Forums
- Workshops
- National Database
- Access to Local Support Networks



15 Thursday 106-260 Date for your Diary

Next NRGize Workshop
22nd – 24th September

Adelaide

South Australia

Registrations Now Open!

16

Friday 107-259
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Questions?

More Information?

Youth Mentoring Website - www.youthmentoring.org.au

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Thank You