

# Mindful Mentoring



## Overview

This program sets mentors up for success, giving them the structures, skills and confidence to build trusting relationships with their mentees and provide them with effective support and challenge.



## Learning objectives

- Learn how to build trust, safety and rapport
- Understand how and when to share expertise
- Reflect on your natural mentoring style
- Know how to flex your mentoring style to match the needs of your mentees
- Practise listening and questioning at a deeper level
- Explore some practical tools you can use to support your mentees
- Learn 'tricks of the trade' from a professional coach



## Who is this for?

Anyone in a mentoring role. The program has been successfully delivered to mentors of principals, teachers and students.

## Key content

- Mentoring contract
- Four Faces
- Situational mentoring
- Trust equation
- See Hear Speak
- Levels of listening
- Powerful questions

### 1-TO-1 COACHING

Personal leadership coaching including five coaching sessions with professional coach & online learning AU \$1,100+ GST (5\*30 mins)

### GROUP COACHING

Collaborative learning experience including five 90 mins sessions via zoom with online learning

### WORKSHOP

Interactive face-to-face learning day for 25 people



**98% of those we coach would recommend our coaching to colleagues**

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