

## “Setting up a mentor”

### Brief description of the Activity

This activity focuses on setting up mentoring relationships with someone who is involved in the community to help young people embody action and have a figure they can learn from and come to when they need it. It will help you become more involved in the local community and maybe even encourage you to be a mentor one day!

### Targeted Audience

Young people

### Practical Setting - Context of Activity


- Community Work


### Linked Stop of VALUE Roadmap (IO1)


- Self Management

### Type of Activity (IO2): Co-coaching

### Other Information

 **Purpose:** to develop a mentoring relationship. This will help you develop your communication skills, trust and also help you in your future decisions!

 **Time:** this is an ongoing process which can last a specific time or have no end in mind. When you come across a mentor, you may want to continue your relationship with them for a while or it might just be until you reach a certain goal.

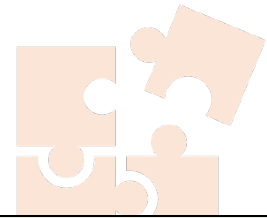
 **Group size:** this activity is 1-1

### Extra advice for implementation:

When you want to develop a mentoring relationship, it's important to think about who is already in your circle of connections. Do you already know of someone you look up to that's involved in the community? If you don't, is there anyone in your circle who might?

It's also a good start to look on organisation websites, visit charities, speak to new people, or get involved in the community so that you meet connections that might be a potential mentor.

Let people know that you are looking for a mentor and when someone comes across someone that might be helpful, they will keep you in mind and let you know.



## Show Case - Mini Project

<p>↔ <b>Required space:</b> outside or indoors</p> <p>✂ <b>Material:</b> none</p> <p>✓ <b>Preparation:</b> do your research, look into organisations and individuals in your circle before you start approaching people to be your mentor.</p>	
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### Chosen process for implementation:

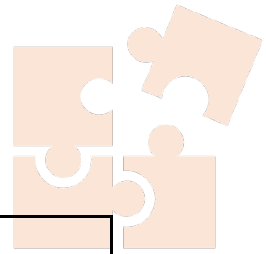
There are several steps you can take when you are looking for a mentor in your life who will be able to guide you and be a great example.

- 1) Recognise if you need a mentor, and if yes, what are your reasons? What do you want to achieve?
- 2) When you are looking for a mentor involved in the community, who do you already know?
- 3) Reach out to potential mentors
- 4) Let them know about what your aims and dreams are
- 5) See what you can both bring to each other's relationship
- 6) Let the process begin!

### Your goal:

Now, please set yourself a small, achievable goal which can help you with setting up a mentor. This goal should be SMART - meaning specific, measurable, achievable, relevant and timely:

<p><b><u>Specific</u></b></p> <ul style="list-style-type: none"> <li>● What do you want to accomplish?</li> <li>● Why do I want to accomplish this?</li> <li>● What are the requirements?</li> <li>● What are the constraints?</li> </ul>	
<p><b><u>Measurable:</u></b></p> <ul style="list-style-type: none"> <li>● How will I measure my progress?</li> <li>● How will I know when my goal is accomplished?</li> </ul>	
<p><b><u>Achievable:</u></b></p> <ul style="list-style-type: none"> <li>● How can the goal be achieved?</li> <li>● What are the next steps I should take?</li> </ul>	



## Show Case - Mini Project

<p><b>Relevant:</b></p> <ul style="list-style-type: none"> <li>● Is this a worthwhile goal?</li> <li>● Is this the right time?</li> <li>● Do I have the necessary resources to accomplish this goal?</li> <li>● Is this goal in line with my long-term vision?</li> </ul>	
<p><b>Time-Bound:</b></p> <ul style="list-style-type: none"> <li>● How long will it take to accomplish this goal?</li> <li>● When is the completion of this goal due?</li> <li>● When am I going to work on this goal?</li> </ul>	

### Message of the game:

Having a mentoring relationship can be a really helpful tool to get more involved in the community. But it can also help you develop a range of skills such as communication, collaboration, listening and you will also learn a lot about yourself. Give it a go with a trusted person and see how the mentoring relationship can help you thrive!

