



Guide to...

Mentoring

A mentor is someone who helps and guides another person.

Mentors draw on their own knowledge, skills and experience to help others who are in the process of gaining these.

Mentoring is typically done one-to-one, building up a trusting relationship over time.

Mentoring helps learning become a more personal and less formal process.

Mentors can help guide, motivate and build confidence, and help with planning and making decisions.

Support workers and volunteers can be mentors, but people with learning disabilities can also mentor their colleagues.

Being a mentor is a responsible role that can be hugely rewarding, knowing you are helping others and making a difference.

Mentors can be role models, inspiring people to achieve their goals.

Being a mentor can help you identify and demonstrate the knowledge and skills you have learnt.

Being a mentor can also be a valuable learning experience, particularly in developing interpersonal and communication skills.