

## Mentoring

### What do E4E Mentors do?

One of E4E's strands of work is to offer mentoring to secondary school pupils. The volunteer (mentor) will provide support to a pupil (mentee) identified by the school or by the pupil themselves as requiring more long term and personalised support than our other programmes are designed to offer.

The role of the mentor is to help the mentee increase their confidence, and aspirations to help with their personal development. As a mentor, communication is key- you need to be understanding, empathetic and a good listener in order to support the young person on an individual basis. No two mentors will have the same experience however all mentors will help the mentee raise their self-confidence.

Mentors work in schools in a one to one setting or on occasions a one to many setting. For one-to-one mentoring the volunteer is required to undertake a DBS check.

### Mentee target audience

Mentees come from a wide range of backgrounds and each will have different types and levels of need, as well as differing goals. The main age group is 13-15 year olds. Common development areas include self-awareness, self-esteem, confidence, aspirations, local careers awareness, benefits of better engagement in school and making better life and career choices.

### What support will I get as a mentor?

The general principles of mentoring will be outlined by the E4E team to all volunteers. This will include information on your roles and responsibilities, safeguarding as well as how to be supportive while retaining objectivity. It is also important for the volunteer to have the support of her/his manager at work, where appropriate.

### How much time do I need to commit?

Mentoring requires a minimum of six one hour sessions over a six month period – although the sessions could be more frequent and therefore over a shorter period.

One-to-one mentors are required to undertake the DBS police check. Group mentoring can be undertaken without a DBS check as a teacher is always present and the time commitment for group sessions could be as little as one session with the group.

**[www.enterprise4education.com](http://www.enterprise4education.com)**

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