

Practical Mentoring Activity

Learn and practise mentoring skills with our popular training game for mentor activities.

Practical Mentoring Activity is an easy to learn and ready to use training game. With quick delivery, you can soon be up and running mentoring skills training.

Interesting and informative mentoring notes and practical training activities provide the basic principles and techniques required to be a successful mentor.



Part One - Guide to Mentoring Skills

In the pack you will find useful information on:

- the role of a mentor
- do's and don'ts of mentoring
- the importance of non-verbal communication when mentoring
- body language that builds rapport
- powerful questions for life mentoring
- using the GROW model
- the skills of giving feedback.

Part Two - Mentoring Activities

When mentoring, it is likely the mentee will come to you with issues or problems seeking your advice. It is important to learn how to hand the problem or difficulty back to the mentee and encourage them find the solutions. Part two will help you practice that!

How it works

Choose from the series of interesting and challenging problems included in the pack for the mentor to assist the mentee to resolve.

Divide the group into teams of three. With one person to take on the role as a mentor; another to be the mentee and one to be the observer.

Each person will be given a briefing sheet for their role which they must read and fully understand before starting the mentoring session.

Give the mentor a problem sheet with the answer and another sheet with only the problem on. When the mentor fully understands the problem and the answer they hand the problem sheet to the mentee and run a mentoring session to encourage the mentee to find the solution.

Comments from users of this mentoring activity

"I found the material on mentoring that came with the activity very useful; it was both informative and saved me a lot of time preparing for a course."

"Easy to understand; it save me hours of preparation for a course on mentoring. The mentoring activity was great; real practise in mentoring that went down well with the participants."

"More like this please! This is the first activity I have bought from you and I found it so useful. I will be buying some more now. Many thanks."

The observer's role is to observe the actions and reactions of the participants and make notes of what they consider to be noticeable actions and attitudes. At the end of the session the observer will give their observations for discussion with the participants.

This game is appropriate for use by mentors, personal and life coaches, therapists, group facilitators, teachers and counsellors who are interested in expanding their toolkits and introducing a creative, intuitive dimension into their work.

Potential Learning Outcomes

- Understand the basics of mentoring
- Appreciate good and bad approaches to mentoring
- Using body language to build rapport
- Ask effective questions
- Practice effective listening
- Avoid being judgmental
- Show empathy, acknowledge and challenge
- Encourage accountability
- Get to the bottom line
- Problem solving
- Giving feedback
- Practise mentoring skills
- How to hand the problem or difficulty back to the mentee and encourage them find the solution.

Timing: This mentoring activity runs for 1 to 2 hours + debrief (depending on number of practice sessions)

Numbers: Up 12 people working in groups of 2 or 3 (for each Mentoring Activity game bought).

Who: Staff at any level.

PC required: None.

Licence Free: When you buy this training material, there are no restrictions on the number of times you can use it.

Cost to buy: You can buy this business game (which includes a trainer's manual) and use it yourself for £350 + delivery and VAT (if applicable).

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