



Scottish Charity Number: SC030551

## **ONE TO ONE MENTORING**

Mentoring is a goal-oriented process that supports informal learning and development. Goals are developed around the young person's interests, abilities and aspirations. A mentor is a caring individual who can provide young people with constructive support, counsel, and friendship while encouraging and inspiring them to develop to their fullest potential.

## **TRAINING**

You **do not** need to be a trained social worker or counselor to be a great mentor. In fact, mentoring through the YMCA Skye is not social work or education, it is youth work. All mentors have a commonality of a willingness to learn and a desire to help young people to help themselves.

**The following quote sums up this theory:**

*“Many of our young people in our communities today seem to be ‘lost in the woods’ with no clear exit strategy. Our role as mentors is not to lead them to the nearest exit, but to offer them the skills and tools to learn the art of ‘navigation’ for themselves, empowering them toward a better future.”*

## **TIME-FRAME**

For up to 12 months (40 weeks) you will meet with your young person on a regular weekly basis. In between session times you have the offer of **on-going** support from our professional youth worker as appropriate.

## **BEFORE BEGINNING**

As a potential volunteer with the YMCA Skye, you will be confidentially screened to ensure your suitability to work with young people and you will also have the opportunity to undertake our excellent initial and on-going training in both formal and informal settings.

## **MATCHING**

Once you have been carefully 'matched' with your young person, you will first meet with them at a managed meeting with the additional presence of the programme manager who will already know your young person well. We will almost always seek to make a gender match between you and the person you will mentor.

## **WHY MENTORING?**

Mentoring provides opportunity for **many significant benefits**.

Here are a few examples that you, as a mentor can expect to be engaged in:

- Making a real difference in an individual's life.
- Learning new skills.
- Learning more about you.
- Having fun!
- Receiving remuneration for all expenses incurred during mentoring sessions and activities.
- Giving back to your local community.
- Making a significant contribution to the future of the young person you are working with.
- And more!

**Do get in touch for a cuppa at your favourite café! We'd love to hear from you.**

Mischa Constant (YMCA Skye Senior Youth Worker)