**Themes and Dates for the 12-week Mentoring Training**

NVR **Action & Practice CIC**

1. (6.10.2016)

Scenarios

Themes mentors want to address

Values, goals and reasons for doing the training

Leaning outcomes

Listening skills: Uri Weinblatt

Contracts, goal-setting with mentee, time keeping, locations, cancellations

1. (13.10.2016)

Role play: first meeting, greeting, getting to know each other, contract agreement

Good record keeping

Reviewing of goal-setting

Constructive feedback - non-constructive feedback – praise and criticism

Risk issues in NVR group work

1. (3.11.2016)

Safeguarding issues in NVR group work: what is safeguarding, protocol of behaviour of mentor, mentee in context of safeguarding

Role play 1: a safeguarding issue emerges during a mentoring session

Role play 2: a safeguarding issue emerges during the small parent group which mentee reports to mentor

Case examples from their meetings or past experiences

1. (10.11.2017)

After first meeting and contract agreement:

Composition of mentee’s parent group and of facilitator team

Initial stage of group (up to session 3: revisit the themes/exercises)

Role play: constructive feedback using values and goals

What are the ingredients of a good review?

Case examples from their first meetings

1. (17.11.2016)

Middle group stage: session 5, 6

How to manage likes and dis-likes: in mentees or if mentees dislike new parents or facilitators?

How to help mentees manage highly expressed emotions (sadness, anxiety)

Role play: Highly expressed emotions in 1 parent

1. 24.11.2016

How to help mentee to facilitate conflict resolution skills Protocol for conflict resolution in NVR parent group Role Play: Mentee reports on conflict between two parents (could be a couple or two parents in a group)

Case examples from their meetings or experience

1. (1.12.2016) Group stage Trauma work

What is trauma?

How does trauma show in people? (Looking at own self announcements)

What is empathy – compassion – sympathy – pity?

How do people show empathy? How do I show empathy?

Role play 1: Identifying and managing traumatic experiences in mentees

Role play 2: helping mentees to identify and manage new parents’ trauma

Role play 3: Identifying and showing empathy

Case examples from their meetings

Understanding non-verbal communication

Role play 1: expressing feelings non-verbally (mentee)

Role Play 2: Mentee reports on highly silent nonverbal pare Case examples from their meetings

1. (8.12.2016)

Understanding non-verbal communication

Role play 1: expressing feelings nonverbally (mentee)

Role play 2: Mentee reports on highly silent nonverbal parent

Different diagnoses e.g. ADHD and ASD and defiant disorder: How useful are they and how do the effect parenting? Case examples from their meetings

1. (15.12.2016)

Final group stage

Role play 1: Preparing mentees for ending,

Role play 2: Helping mentees prepare new parents for the ending of the group?

Good endings – bad endings

Role play 3: Helping mentees to identify graduate parents who may become active graduate volunteers

Asking mentee to provide written feedback about the mentor and from group facilitators about the mentee

Case examples from their meetings

1. (12.12.2016)

Feedback and evaluation

Role play 1: Reviewing with mentee how the group process has been

Role play 2: Review of mentoring relationship, values and goals

Collecting written feedback from mentee about mentoring relationship

Collecting written feedback from group facilitators about mentee

Providing written feedback to mentee (with copy to group facilitators

1. (5.01.2017)

Assessments

Individual feedback to mentors, looking at feedback from mentees and group facilitators, reviewing with initial goals and learning outcomes

1. (12.01.2017)

Review training, mentoring, themes, assessments

Where to go from here? Working with NVR Action & Practice in the future