

What is this course?

This practical programme has been run successfully for many years for HEE Yorkshire and the Humber by Coaching and Mentoring Consultants, an established provider of Mentoring Training in the NHS.

About this course

The remote programme develops mentoring skills which can be used both in formal mentoring and also in a range of leadership and clinical situations with staff, colleagues and patients. It aims to develop participants' abilities to enable others rather than to prescribe solutions. Developing these skills can be both challenging and rewarding for those whose professional culture is that of expert helping.

There is a mixture of taught inputs, demonstration by tutors, small group skills practice, group discussions, and pairs work.

The programme is experiential and a significant proportion of time is spent practising skills. Participants work with a facilitator, learning from being a mentor, a mentee, and an observer. Participants bring real issues to discuss when they are mentee: there is no 'role playing.'

Reflective practice is expected between sessions. Practical and professional issues arising from mentoring are discussed and participants are encouraged to plan how they will take forward the skills back at work.

The tutor team is Julia Pokora and Dr June Smailes with experienced facilitators.

The Programme handbook, *Coaching and Mentoring at Work* (Connor and Pokora 2017) is co-authored by Julia, and is a best-selling text in its 3rd edition, *which you will need to purchase* to work through for the course.

The programme will run for four online sessions as below:

Session 1: Monday 24th February

Session 2: Wednesday 26th February

Session 3: Wednesday 20th March

Session 4: Thursday 24th April

Sessions are from 8.55am to 3:30pm

If you are interested in attending this programme, please note:

- in order to ensure continuity of learning, participants are required to attend all sessions.
- participants bring their own real, current, unresolved issues for practice sessions- guidance will be given about what are appropriate issues.
- whilst you will learn a lot about yourself and about mentoring on the programme, it is not the place to bring difficult life events. If you are feeling particularly fragile, you may wish to defer attendance until things are more settled.
- practice between sessions 2&3 and 3&4 is expected: guidance will be given.
- the programme does not provide a formal qualification: options for further study and accreditation will be discussed on Session 4

Intended audience

Those with an interest in developing their mentoring skills and awareness, for example Educational Supervisors, Training Programme Directors or those training to take on such roles.

Learning objectives

Participants will:

- Understand what mentoring is and isn't
- Develop a working knowledge of one framework for mentoring: Egan's The Skilled Helper model (2010)
- Practise and develop their mentoring skills
- Consider how to use the model and skills appropriately at work

How to apply

Please take a look at our Maxcourse page, for further details:

<https://www.maxcourse.co.uk/yhpd/organiserCourseCalendarManageCourse.asp?s=CH28855&mcLoginFile=organiserCourseCalendarManageCourse%2Easp>

To formally submit your interest, complete the questionnaire here:

<https://forms.office.com/e/afg7ep0ag2>