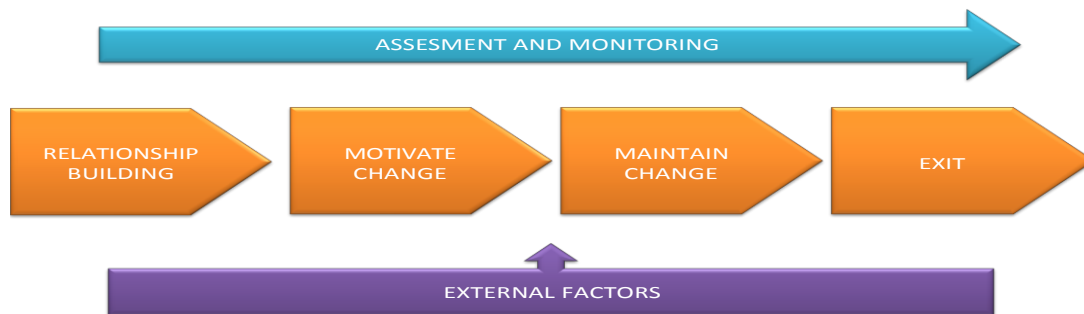


The Mentoring Process



Relationship Building: This initial stage is really important to the mentoring process because this builds confidence, trust and communication between the mentor and mentee.

Motivate Change: This is where the mentor supports the mentee to explore their goals/aspirations and identify the actions they need to take to achieve the change they want

Maintain Change: This is a crucial stage in the mentoring process as this explores how change can be maintained for the mentee and reflects their continued growth and progression.

Exit: It is key to ensure an effective closure of the mentor/mentee relationship. The mentor and mentee agree an exit strategy focusing on building confidence for continued success and greater independence in the future