MENTORING

CAPACITY BUILDING











(1) Let's reflect ...





What is a mentor? What are the roles and responsibilities? What are expectations? Etc.



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PARASPORTS COACHING

XCELLERATOR







Mentoring is seen as a professional relationship in which a more experienced person (mentor) empowers another professional (mentee) through a two-way process towards developing specific or additional skills and knowledge that enhance the mentee's professional and personal growth. (YANUZ 2021)







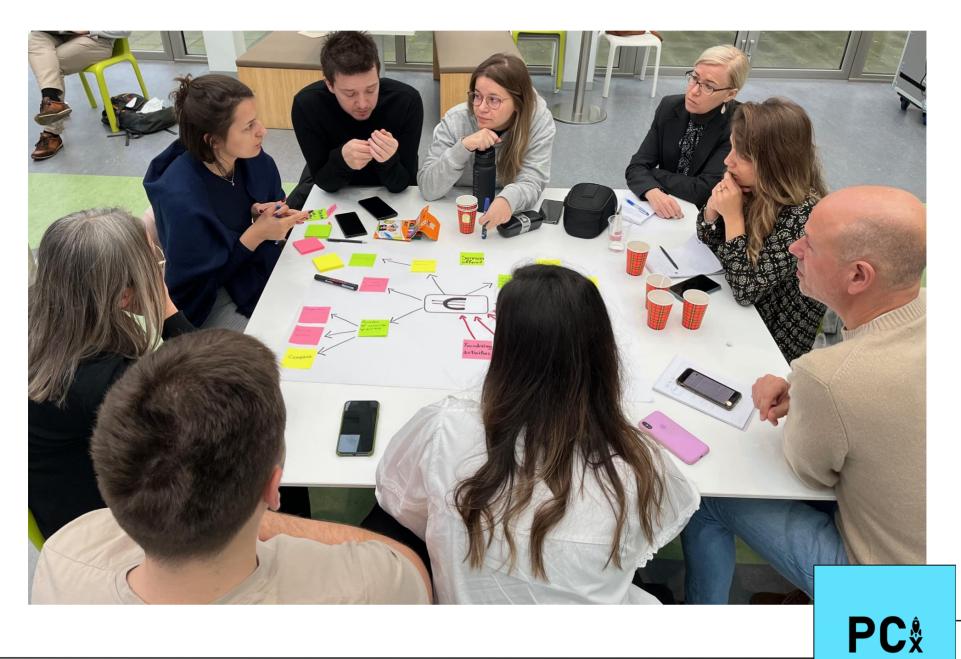




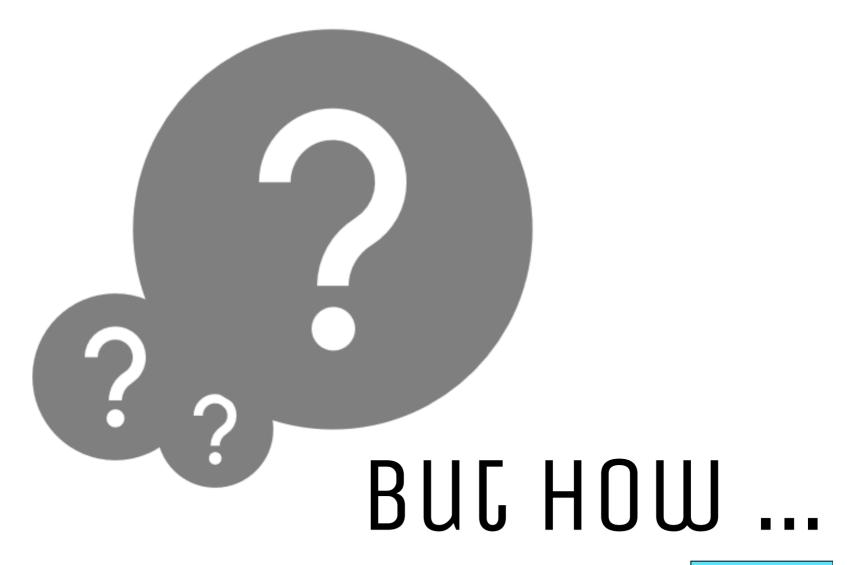






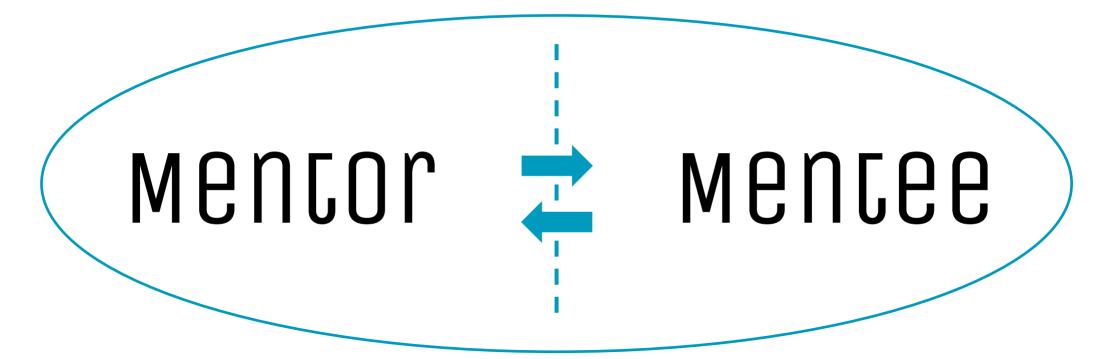






PC^{*}





Great Mentoring success





BUILDING AUCHENCIC RELACIONSHIPS

Being Yourself

Promoting Talents

Recognizing Ideas and Success





communicating openly

Listening

Open Conflict Management





ASKING, NOT TELLING

Coaching

Reflecting







Magnifying the positive

Encouraging

Providing Feedback

Receiving Feedback





FOSCERING POSSIBILITY THINKING

Guiding

Empowering towards Solution-Finding





(2) Let's speak out loud ...





What are practical activities? What are expectations of mentoring processes? What are applicable mentoring structures? Etc.



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SESSION 1: Common Agenda Setting

SESSION 2: Common Action Planning

SESSION 3: Common Suggestion Box

SESSION 4: Common Coffee Moments



IC'S (mainly) the mentee's role to drive, manage and implement the mentoring partnership.







Common Agenda Setting (45 min)

Common Action Planning

Common Suggestion Box

Common Coffee Moments





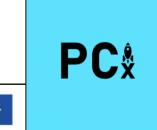


Common Agenda Setting

Common Action Planning (45 min)

Common Suggestion Box

Common Coffee Moments







Common Agenda Setting

Common Action Planning

Common Suggestion Box (45 min)

Common Coffee Moments





Common Agenda Setting

Common Action Planning

Common Suggestion Box

Common Coffee Moments (45 min)







