

Supporting emotionally intelligent schools with peer mentor training



Training and supporting students to mentor their peers is a positive way to enhance the whole school community.

- Being mentored by fellow students (usually older) helps young people reduce isolation, build resilience, and follow positive role models in decision-making
- Offering support helps peer mentors value their own experience and insight, building confidence and communication skills
- Peer mentor relationships reinforce a sense of community, valuing listening, emotional intelligence and wellbeing.

"I've learnt so much and had fun training. I'm no longer nervous about being a peer mentor!" Student trainee

Our peer mentor training

Mentoring Plus has been training volunteer mentors for 20 years, and supporting mentees to peer mentor in their turn. Our peer mentor training takes the best of these models and is lively, interactive and immediately useful:

- An introduction to mentoring: What is it? How can it impact on young people? What skills are required of mentors?
- What isn't mentoring? Exploring boundaries, the challenges of mentoring, escalating concerns and how to avoid making situations worse!
- Solution focused practise: Strategies for helping mentees focus on the positive in their life and find their own pathways and solutions to challenges.

"I understand now how to deal with different situations, and who I can tell if I feel worried about my mentee. I'm looking forward to mentoring!" Student trainee

Supporting teachers

We know that successful peer mentor programmes need teacher support. Our programme includes a teacher support session, covering matching, supervision and outcome measurement, so schools feel confident to take projects forward.

Peer mentor training cost for 16-17 year olds

£800 plus mileage, covers either 1 x full day or 3 x 2-hr after school sessions + 1 x 3-hr teacher training session. Any surplus is invested in our charitable mentoring service.