MENTORING DEVELOPMENT PROGRAMME

AAGBI

**SESSION 1 20th JANUARY 2021**

09.00 Welcome

Programme Objectives,

Introductions

09.30 What is Mentoring?

10.20 *Coffee*

10.40 Overview of Egan’s The Skilled Helper model

Stages 1a and 1b Telling the Story & Developing New Perspectives

11.20 Skills Practice Introduction

11.30 Skills Practice x 3

12.45 Learning Reviewand preparation for Session *2*

13.00 Close

*TUTORS: Julia Pokora & Dr June Smailes*

*AAGBI MENTORING LEAD: Dr Nancy Redfern*

*FACILITATOR Dr Diana Jolliffe*

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**SESSION 2 21st JANUARY 2021**

09.00 Welcome and Overview

Stage 1 New Perspectives & Searching for Value

09.40 Skills Practice

10.40 Learning Review

10.50 Learning Log and *Coffee*

11.20 Introduction to Stage 2 and Brainstorming

11.50 Brainstorming Skills Practice

12.20 Learning Review

12.35 Questions about Mentoring

12.50 Preparation for Session 3

13.00 Close

*TUTORS: Julia Pokora & Dr June Smailes*

*AAGBI MENTORING LEAD: Dr Nancy Redfern*

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**SESSION 3 25th JANUARY 2021**

09.00 Welcome and Overview

09.15 Stage 2 – Value to Goals

09.50 Skills Practice 1

10.20 Skills Practice 2

10.50 *Coffee*

11.05 Skills Practice 3

11.35 Stage 2 – Checking goal and Commitment Testing

11.50 Skills Practice in pairs x 2

12.20 Stage 2 Learning Review and coursework for Session 4

12.35 Planning coursework

12.50 Plenary Review

13.00 Close

*TUTORS: Julia Pokora & Dr June Smailes*

*AAGBI MENTORING LEAD: Dr Nancy Redfern*

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