

**MENTORING DEVELOPMENT PROGRAMME**  
**DAY ONE Wed 13<sup>th</sup> Oct 2021**  
**Assocn of Anaesthetists**

09.00	Welcome
09.30	What is Mentoring
10.15	<i>Coffee</i>
10.30	Overview of The Skilled Helper model, Stages 1a and 1b Telling the Story & Developing New Perspectives
11.10	Skills Practice Introduction
11.20	Skills Practice
12.40	Learning Review
12.50	<i>Lunch</i>
13.20	Stage 1 New Perspectives & Searching for Value
13.55	Skills Practice
15.10	Learning Review learning log
15.30	Homework and Close

**MENTORING DEVELOPMENT PROGRAMME**  
**DAY TWO Friday 15<sup>th</sup> Oct 2021**  
**Assocn of Anaesthetists**

09.00	Welcome
09.15	Introduction to Stage 2 and Imagining
09.45	Imagining Skills Prompts Practice
10.30	Learning Review
10.40	<i>Coffee room</i>
11.05	Stage 2 – Value to Goals
11.35	Skills Practices with lunch taken as convenient (30 mins)
13.45	Review then Stage 2: Checking goal & Commitment Test
14.10	Skills Practice
14.35	Stage 2 Learning Review
14.45	Planning
15.15	Plenary Review
15.30	Homework and Close