Module 2: The Mentoring and Befriending Cycle

Purpose of the Module

This Module deals with the key stages in the mentoring and befriending ‘life cycle’. It looks at the issues and processes connected with the formation and ending of relationships and introduces participants to the techniques of goal setting, action planning and reviewing progress. Although mentoring involves using these techniques, and befriending tends to develop over a longer time and involve more informal supportive relationships, it still passes through stages that require befrienders to call on different skills at different times.

Content

1. A model for a supporting relationship
2. The stages of a mentoring relationship
3. Roles and responsibilities
4. Preparing for your first meeting
5. Supporting others to set goals
6. Reviewing progress
7. Limits of the relationship
8. ‘Winding up’ the relationship
9. Review of module 2