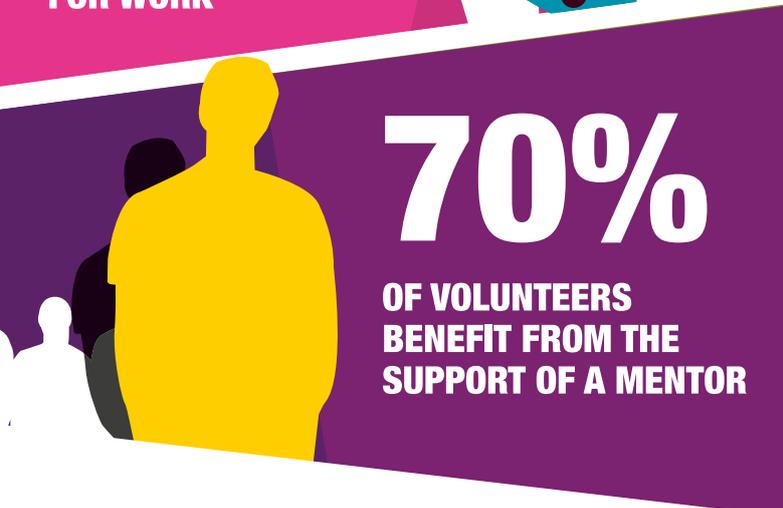
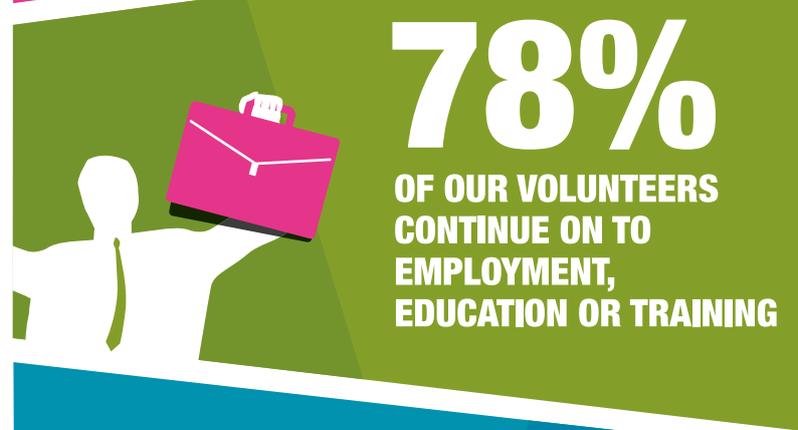
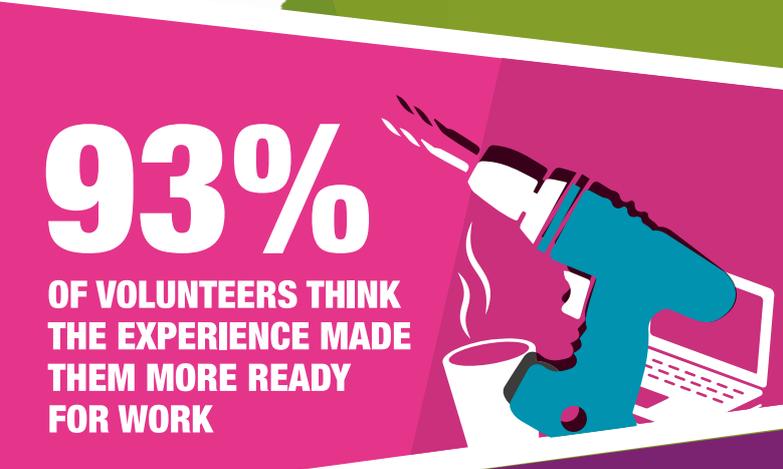


FACTSHEET

MENTORING



GIVE AN HOUR, CHANGE A LIFE.

Mentoring a young person for one hour a week could help support them to achieve their goals and ambitions. At the same time, you get to learn more about yourself and develop your skills.

WHAT WILL I DO?

ProjectScotland volunteers spend three months with a local charity, giving their time in return for skills development and experience. Each volunteer is offered a mentor to help them get the most from their experience.

You will help them reflect on their volunteering, enabling them to turn up the volume on their skills and resources, which in turn will help them work out what they want to do in the future. The support you can offer is invaluable, from providing CV advice and interview support, to goal setting and confidence building.



I GOT TO BE PART OF AN EXCITING TIME IN MY VOLUNTEER'S LIFE. SHE GREW IN CONFIDENCE AND MOVED ON TO THE NEXT STEP IN HER CAREER.

Rebecca Valentine | ProjectScotland Mentor

MENTOR FOR PROJECTSCOTLAND.

WHAT DIFFERENCE WILL I MAKE?

You have experience, skills, and networks, sharing these with your volunteer can be life changing. Using your great communication and effective listening skills you can help your volunteer narrow down life choices, think about things differently, and make difficult decisions. You really can help them get on in life.

AM I QUALIFIED?

If you get on with people, are an optimist, have an open mind, and are committed to helping young people, you are just what we're looking for.

We'll give you training so you feel prepared and confident to mentor.

At our Get Ready to Mentor workshops you'll get a chance to meet and spend time with other ProjectScotland mentors, developing your mentoring skills and techniques. You will have access to our Mentor Toolkit and ongoing support and advice from us and other mentors.

Since 2005 our charity has supported over 5000 young people who have given over 3 million volunteering hours to charities and not-for-profits nationwide. Join our programme today.

SIGN ME UP!

☎ 0131 226 0700

✉ info@projectscotland.org

WWW.PROJECTSCOTLAND.CO.UK/MENTORS