

# MENTORSHIP TRAINING PROGRAMME

## Day 1 Programme

09.00 – 09.15	Registration, tea and coffee
<b>Session 1</b>	
09.15 – 09.45	<b>Welcome, Introduction &amp; Overview</b>
9.45 – 10.45	<b>What is Mentoring?</b>
10.45 – 11.05	Tea/Coffee Break
11.05 – 11.35	<b>Overview of Egan’s ‘Skilled Helper’ Model &amp; Demonstration</b>
11.35 – 11.50	<b>Non-verbal Skills</b>
11.50 – 12.30	<b>Active listening – Input, Demo, skills practice</b>
12.30 – 13.15	Lunch
<b>Session 2</b>	
13.15 - 15.00	<b>Story and new perspectives; Input, Demo and group work and Learning Review</b>
15.00 – 15.15	<b>Plenary review</b>
15.15 – 15.35	Tea/Coffee Break
15.35 – 16.10	<b>Safe and Effective Practice &amp; Working Agreements</b>
16.10 – 16.20	<b>RCPSG scheme</b>
16.20- 16.30	<b>What I’ve learned &amp; questions I still have</b>
16.40	Feedback & Close

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## Day 2 Programme

09.00 – 09.15	Registration, tea and coffee
<b>Session 1</b>	
09.15 – 09.20	<b>Welcome, Introduction &amp; Overview</b>
09.20 – 10.00	<b>Stage 2 – Introduction; Brainstorming Skills Practice – group work</b>
10.00 – 10.30	Tea/Coffee Break
10.30 – 10/50	<b>Reminder of stage 1; Stage 2: possibilities and goal setting; input and demo</b>
10.50 – 12.50	<b>Skills practice: stage 1 to goal setting</b>
12.50 – 13.30	Lunch
<b>Session 2</b>	
13.30 – 14.20	<b>Skills practice: stage 1 to goal setting</b>
14.20 – 14.40	<b>Learning review</b>
14.40 – 15.20	<b>Stage 2; testing commitment – input, demo and skills practice</b>
15.20 – 15.40	Tea/Coffee Break
15.40 – 16.00	<b>Learning review, including review of ‘reflective practice’ from day 1</b>
16.00 – 16.40	<b>Next steps: RCPSG Mentorship Programme</b>
16.40	<i>Feedback &amp; Close</i>

# MENTORSHIP TRAINING PROGRAMME

## Day 3 Programme

09.00 – 09.10	Registration, tea and coffee
<b>Session 1</b>	
09.10 – 09.30	<b>Welcome, review of learning and overview of the day</b>
09.30 – 09.45	<b>Stage 1 &amp; 2 revision</b>
09.45 – 10.30	<b>Group work – review experiences of using Egan’s model</b>
10.30 – 11.00	<b>Stage 3 group work in trios – first 2</b>
11.00	Tea/Coffee available
11.00 – 12.40	<b>Group work continued</b>
12.40 – 13.20	Lunch
<b>Session 2</b>	
13.20 – 14.15	<b>Stage 3 group work in trios – third</b>
14.15 – 14.30	<b>Learning review</b>
14.30 – 15.10	<b>Taking local schemes &amp; the RCPSG scheme forward</b>
15.10 – 15.25	Tea/Coffee Break
15.25 – 15.50	<b>Whole model skills practice</b>
15.50 – 16.15	<b>Safe and effective mentoring – managing endings</b>
16.15 – 16.30	<b>Programme evaluation &amp; discussion with College</b>
16.30	Feedback & Close
16.35	End of programme drinks reception