

ACTIVITY:

MENTORING

What is the activity?

Using your skills and experience to support and mentor a student, young person or newly qualified teacher.

Mentoring opportunities:

Mentoring a student

Colleague role: A crucial element in the student's journey from education to the workplace, helping them to develop the skills and attitudes needed for the world of work.

Targeted at: Young people aged 16-24

Time commitment: 1 regular mentoring session per month over 12 months

Outdoor educational mentor

Colleague role: Play an important role in helping students increase their resilience, confidence, emotional wellbeing and relationship skills through outdoor activities such as hill climbing, raft building and caving.

Targeted at: Students aged 15-16 (Year 10 and 11)

Time commitment: 6 days on the residential + 1 day mentor training + pre and post residential school activities

Coach a teacher

Colleague role: Helping shape and support a highly ambitious teacher. Supporting with leadership, project and time management skills and helping achieve a work-life balance. Colleagues attend a comprehensive training event, and are then matched with an appropriate teacher and are provided with a Coaching Toolkit.

Targeted at: Teachers and school leaders

Time commitment: 1 day training event and 8+ regular coaching sessions over 12 months

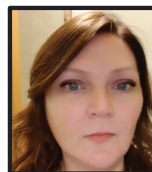


Did you know?

For many of the mentoring opportunities, face-to-face mentoring sessions can be supplemented with regular contact through Skype, email and phone calls too.

Hint ★

Use the Mentor Handbook provided. This includes a meeting content guide, suggested session structure and a skills identifier to help focus on particular employability skills.



Who: Edwina Ford

CASE STUDY: MEET A MENTOR

Edwina's line manager encouraged her to sign up to one of the GoTeach mentoring opportunities and since securing her place, Edwina has fully embraced this opportunity. Here is what Edwina's Mentee said about her:



My Mentor made a genuine investment in me and enabled me to harness my strengths and work on my weaknesses. She was supportive of my ambitions, she organised a site visit to DHL where I was able to practice my networking skills and elevator pitch and even set up a call with the Marketing Director at DHL!

Keziah, young person Mentee



81% of colleagues gained a real sense of achievement and satisfaction by taking part in Mentoring.

Tip ★

We know colleagues often develop their own skills as well as their mentees. Mentoring relationships requires time, patience, commitment and a genuine interest in helping young people develop.



Did you know?

Mentoring is a more flexible GoTeach activity that requires colleagues to commit to meeting their mentee on a regular basis (usually once a month) over the academic year.



I can see the change in Keziah and she is now thinking more strategically about her long term plans. I leave each meeting with a real sense of achievement, knowing that I have helped her on that journey one more step each time.

Edwina Ford, Finance Manager, DHL



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Visit the website

www.dhlukfoundation.org

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WHAT IS GOTEACH UK?

GoTeach UK is the partnership between the DHL UK Foundation and DHL business, who are working together to support young people across the UK who really need our help. The programme offers DHL colleagues, irrespective of location, job role or experience, the opportunity to:

- Inspire young people about the world of work
- Showcase DHL and the wide range of careers available in the logistics industry
- Raise aspirations, develop confidence and help young people prepare for employment
- Support local communities by connecting DHL colleagues and sites with their local schools

GoTeach UK opportunities



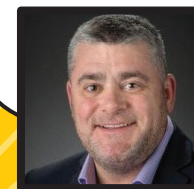
Did you know?

Students with four or more positive interactions with companies, such as site visits or career talks, are **78% less likely to be unemployed** when they leave school and earn on average 18% more! By getting involved in GoTeach UK, you can help even more young people secure employment when they leave school.



I feel really passionately about the huge difference DHL employees can make in local schools and communities across the UK. It was a privilege to be asked to be Chair of the GoTeach UK Ambassador Board and I'd like to encourage you, your teams and sites to get involved to help us support many more young people."

Dean Wyatt, Ambassador Board Chair



GET INVOLVED

We hope you're inspired to get involved in one of the many GoTeach opportunities offered by the DHL UK Foundation.

Get in touch

Visit the website www.dhlukfoundation.org

Email GoTeachUK@dhl.com

Follow [@dhlukfoundation](https://twitter.com/dhlukfoundation) on Twitter