

Frequently asked questions

How much time will I need to give?

The amount of time you commit will be agreed between you and the person you will be mentoring. Meetings can take place over the phone, by e-mail or face-to-face, whatever suits both your needs.

What support do mentors receive?

You will be given initial training to begin mentoring. We will also provide you with personal ongoing support and supervision to help the match succeed as well as any further training, if appropriate.

Can I claim travel expenses?

All reasonable out of pocket travel expenses will be reimbursed.

How do I become a mentor?

If you are interested in Mentors in Work please phone for an informal chat and more information.

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**Use your skills
and work experience
to help others in the
world of work**

What *is* Mentoring?

Mentoring is where a more experienced individual shares knowledge with someone less experienced in a relationship of mutual trust.

Mentors are matched with someone who has entered work for the first time or after a long period out of work.

Mentors will meet the person on a regular basis, using a method that has been mutually agreed and decide together what personal goals are appropriate and how they can work together to achieve them.

How does Mentors in Work operate?

Mentors in Work provides mutually beneficial relationships in which the volunteer mentor gives time and support to help others sustain employment. Mentors aim to help those who have found work after a prolonged period of unemployment or are entering the workplace for the first time.

Volunteer Mentors

Volunteer mentors are members of the public who have offered their time, skills, life and work experience to Mentors in Work. All mentors are carefully selected and go through a recruitment, training and induction process. Mentors receive ongoing support and supervision from the Mentors in Work Co-ordinator. Mentors are matched with someone outwith their own workplace.

Benefits of being a Volunteer Mentor

- Gain recognition for your skills and experience
- Reinforce your own skills and knowledge
- Pass on your invaluable expert knowledge
- Gain a sense of fulfillment and personal growth
- Increase your confidence and motivation
- Gain a new perspective
- Uncover hidden talent in another person

Benefits of having a Mentor

- Gain practical advice, encouragement and support
- Learn from the experience of others
- Increase your self confidence
- Identify goals and establish a sense of direction
- Develop your communication skills
- Develop ways of dealing with both personal and work issues
- Become more empowered to make decisions