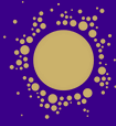


**WORKLIFE**



**MENTOR**

## ABOUT US

Worklife Mentor is helping organisations build empowered teams and create vibrant workplaces through our life mentoring model tailored for the modern workplace.



### VISION

Create a workplace environment where your employees are not only productive professionals but also fulfilled individuals with the guidance of their leaders.

### MISSION

Empowering leaders in your organisation to guide their team with empathy, emotional intelligence, and a deep understanding of the value of mentorship.

# PROGRAM OUTLINE

Worklife Mentor engages with team members within the organisation to promote mental well-being, improve 'help-seeking' behaviour, increase social connections and build resilience for the future. This will be achieved through identifying leaders within a team and providing them with mentoring skills. In addition, it facilitates the creation of effective partnerships, enabling the organisation to build on its strength, with employees being able to support each other and equip themselves with the skills to meet challenges in the future.

The program will deliver organisational-based initiatives that support mental health and increase social connections to build team and personal resilience by:



**Training volunteer staff in best practice Mentor training to equip employees with the skills to support other team members.**



**Matching staff members (Mentee) with a trained volunteer Mentor for a long-term Mentor Relationship focusing on a career, life issues, and concerns.**

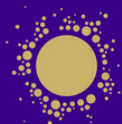


**Establishing a facilitated Mentor Peer Support Group provides a forum for Mentors to discuss their mentoring relationships confidential and how best to support each other through challenging experiences.**



**Holding regular facilitated monthly meetings or events such as presentations, forums and social activities in multiple locations enhances the team's connection.**

**WORKLIFE**



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# WORKLIFE OUTCOME

We aim to empower internal teams to gain the skills, and confidence to support each other, encourage help-seeking behaviour and build resilience for the future. This, in return, promotes the well-being of an organisation leading to enhanced effectiveness and sustainability.



## THE WORKPLACE MENTORING PROGRAM IS DESIGNED TO:

- Improve sense of belongingness
- Improve confidence and self-esteem.
- Socially equip participants to commence a balanced mentoring relationship within the workplace.
- Increase capacity to move forward in areas where staff may be 'stuck.'
- Provide room to reflect on individual potential
- Hear how others are challenged in similar ways
- Share their current situations in a safe and positive environment when they are ready.
- Hear how others are challenged in similar ways.
- Share their current situations in a safe and positive environment when they are ready.
- Provide time-out for participants to work out what they want from life
- Enhances a workplace culture around help-seeking and confidence in finding support
- A workplace that provides training to staff in relationships and managing complex and personal conversations

## PROVIDE INDIVIDUALS WITH SOMEONE TO:

- Listen & support
- Help with goal setting
- Assist with organisation knowledge
- Help with other challenges (relationship, career, education, etc)
- Help act if/when further support is needed
- Scaffold progress from group & individual work



# WORKLIFE STRUCTURE

The format and training are designed to maximise participation in a casual environment and allow participants to gain experience in mentoring and learning what is involved in managing conversations with support through the group sessions. i.e. become professionally trained in best practice mentoring.



## OPTING IN

Organisations opt in for a workplace mentoring program.



## TRAINING DELIVERY

Worklife Mentor delivers Mentor Training through face-to-face and online options, including self-paced e-learning.



## FOLLOW UP

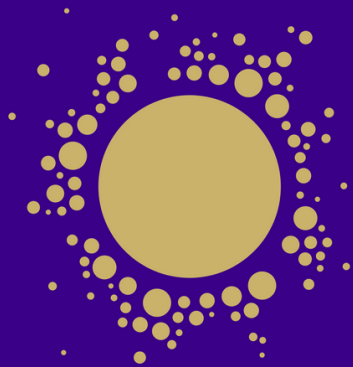
Follow up with sessions of 1:1 matching to help consolidate insights gained in group work. Mentee/Mentor assigned - someone to listen and meet with weekly for up to 6 months as a trial period.



## TRAINING DELIVERY

Worklife Mentor to provide ongoing support to your organisation for mentoring relationships. Providing resources, check-in calls/emails & further support. Create an internal peer support group for the relevant mentor.





**WORKLIFE  
MENTOR**

**BUILDING A CULTURE AND COMMUNITY  
OF SUPPORT IN THE WORKPLACE**

**CONTACT US**

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