



## STEPS Mentoring Service

We provide free, confidential and independent mentoring for young people who have been on a STEPS Learning Programme

STEPS Mentoring works with young people to help them achieve their goals, whether that is moving on to further education, or finding a job or a place on a training scheme.

Your mentor is independent and non-judgmental. They will get to know you by listening and questioning in order to help you to decide what your future goals are. They will then act as a source of advice and support while you achieve them.

We provide one hour sessions with a trained mentor and the sessions will continue until you and your mentor agree that you have achieved your goals.

**Remember—it's you who decides what your future goals are—a mentor will help you to work towards them.**

## What is mentoring?

Mentoring can give you the opportunity to talk through what your plans for the future are or help you to decide if you are unsure.

Some people find that planning for their future with a mentor can help them to feel more in control of their lives.

Sessions last one hour and are held at a location to suit you.

You meet with your mentor at times to suit you both until you are on track with or have achieved your goals.

## Confidentiality

It is important to know that what you say to your mentor is private.

STEPS Mentors will not normally speak to anyone else about you unless you would like them to.

Mentoring sessions are held in locations to suit you.

They are free and confidential.

## How do I get to see a Mentor?

If you would like to see a mentor you can:

phone/text:

07823 334950 or 07973 282239

email: [georgina.waters@surreycaretrust.org.uk](mailto:georgina.waters@surreycaretrust.org.uk)

[margaret.reeder@surreycaretrust.org.uk](mailto:margaret.reeder@surreycaretrust.org.uk)

write to us at:

STEPS Mentoring

Surrey Care Trust

1 Old Elstead Road

Milford

Surrey GU8 5EE

We will then call, email or write to you to arrange an initial meeting where you can find out more about mentoring and where we can find out more about you.

Following this appointment we will put you in touch with a mentor and together you can get started on planning your future!

## What is a Mentor?

- A mentor is a trained volunteer who:
- Spends time with you because they want to
- Does not get paid for being a mentor
- Is independent
- You can trust and rely on
- Will offer you support with your future education, employment or training needs
- Can support you in planning your future

## A Mentor will

Meet with you at times to suit you both

- Agree boundaries for how the relationship will work, what will and will not be discussed/shared
- Encourage you and motivate you to try out new activities
- Work with you to find and access services you need to move forward
- Listen and provide advice (if you need it); and challenge you constructively
- Work with you to identify goals and develop an action plan, and support you to achieve it

*Volunteer mentors receive initial training and ongoing support under the supervision of the STEPS Mentoring Programme Managers.*

*STEPS Mentoring Service is a member and follows the guidelines of the Mentoring and Befriending Foundation*