

## **Mentoring for Counsellors in Training**

The **mentoring service** aims to offer **confidential, practical** and **emotional support** throughout your counselling training experience.

**As a mentee:** you will be encouraged to **reflect, goal set** and **consider different perspectives**. You will **increase your self-awareness, strengthen your skills** and **boost your confidence**.

**As your mentor:** I will be your **motivator** and **advocate, supporting** you to navigate the challenges of training to be a counsellor.

Please note: mentoring is not a substitute for clinical supervision. Frequency of sessions is by mutual arrangement (typically fortnightly or monthly, during the academic year). An online consultation is required to arrange mentoring or group facilitation. This is by appointment only and does not include any initial enquiry.

For 1-to-1 mentoring of up to 50 minutes, there is the option of videocall, voicecall or telephone sessions for a fixed fee, excluding early and evening appointments. For practical reasons, group mentoring of up to 90 minutes is online only.

Should you wish to use this service, you will be required to enter into a mentoring agreement.