

Mentoring Essentials

GoSkills online course syllabus

Tuesday, March 18, 2025

Skill level

Beginner

Lessons

13

Accredited by

CPD

Pre-requisites

None

Video duration

50m

Estimated study time

6h for all materials

Instructor

Dan Gorgone

Understanding Mentoring

- 1** **Introduction to Mentoring**
Introducing the concept of mentoring and exploring its significance for business and professional development.
- 2** **Different Types of Mentoring**
A look at traditional, reverse, group, peer, and e-mentoring.

Setting Up a Mentoring Relationship

- 3** **Finding the Right Mentor or Mentee**
A discussion of what makes a mentor or mentee the right fit for you.
- 4** **Establishing Clear Expectations**
Start a mentoring relationship off right by defining goals and responsibilities, and setting expectations.

Essential Mentoring Skills

- 5** **Active Listening**
This skill is essential for mentoring relationships to ensure proper communication and understanding.
- 6** **Empathy and Understanding**
A discussion of skills that build trust, facilitate open communication, and encourage personal and professional growth.

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Providing Constructive Feedback

Tips on how to provide feedback to help others improve performance and foster a positive learning environment.

Challenges in Mentoring

8

Encouraging Independence and Growth

How to ensure your mentee builds essential skills for growth as well as self-confidence and independence.

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Navigating Difficult Conversations

Skills and techniques to consider when a mentoring relationship faces a challenging topic or hurdle.

Advanced Mentoring Strategies

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Remote Mentoring

Tips to ensure the success of a mentoring relationship when you're paired with someone you'll primarily interact with online.

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Group and Peer Mentoring

Exploring mentoring relationships that involve groups and the benefits they can bring.

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Ending the Mentoring Relationship

Every mentoring relationship has a natural endpoint, so we'll discuss ways to move forward in a positive way.

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Establishing a Mentoring Program

If your company is interested in establishing a mentoring program, these ideas will help provide a strong foundation.

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