

Mentoring Essentials

GoSkills online course syllabus

Wednesday, April 16, 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.

7

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.

9

Navigating Difficult Conversations

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

Advanced Mentoring Strategies

10

Remote Mentoring

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

11

Group and Peer Mentoring

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

12

Ending the Mentoring Relationship

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

13

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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