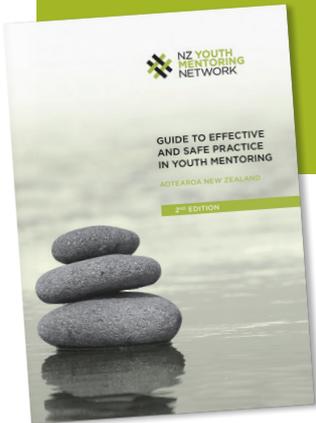


The New Zealand Youth Mentoring Network is pleased to offer this workshop about **Quality Relationships in Youth Mentoring.**



Background:

In 2016 we released the second edition of our Guide to Effective and Safe Practice in Youth Mentoring (Guide). To support and expand on the information contained in the Guide, we

developed a series of three one day workshops which we have delivered around the country over the intervening years, albeit with some unintended breaks due to COVID!

The **first series** aimed to introduce the Guide so people could easily navigate and use it in their work, and to build awareness of effective and safe practice in youth mentoring. The **second series** focused on the art of forming and maintaining relationships with young people in mentoring. And the **third series** which we have just completed delivery of was all about encouraging active youth participation in mentoring.

Due to many requests from across the youth mentoring network we are renewing our second series, the very popular Quality Relationships in Youth Mentoring programme and at this stage are scheduling seven workshops in 2023 - four in person and three online. Please check out our website for full details.

Workshop objectives:

- To learn more about effective mentoring
- To develop specialised skills to build relationships with young people
- To provide new frameworks, research and skills to strengthen quality mentoring relationships, available for all levels of mentoring programme delivery, including coordinators, teachers, mentors, youth workers and volunteers
- To expand upon Section 3 of the *Guide: The Mentoring Relationship*
- To strengthen regional and national networks in the youth mentoring community
- To have fun!

Workshop content and structure

The workshop is structured to mirror the typical mentoring relationship journey. You will receive a comprehensive workbook, explaining this framework, inspired by recent research about youth mentoring in Aotearoa and in other parts of the world.

1. Youth mentoring recognises **culture**

- What are the unique indigenous approaches to mentoring in Aotearoa?
- What are our cross-cultural competencies?
- How do our cultures weave throughout everything we explore?

2. Youth mentoring requires **contemplation**

- How do we reflect on our motivations to mentor?
- How do we consider what young people are looking for and need?
- Can we name programme aims, goals and expectations?

3. Youth mentoring prioritises **connections**

- How to connect with young people? What works?
- How are mentoring relationships formed?
- Can we reflect on mentors in our own lives, and their impact on us now?

4. Youth mentoring creates **covenants**

- How can we co-create with young people a shared purpose and goals?
- How do we set boundaries and expectations?
- Who needs to be involved in the relational agreement or 'covenant'?

5. Youth mentoring includes **challenges**

- How can we respond to defiant and challenging behaviour?
- How do we avoid power struggles and conflict?
- How can we refocus and get relationships back on track?

6. Youth mentoring needs **continuity**

- What skills and qualities can we apply as relationships mature?
- How do mentoring relationships develop long term?
- What kinds of ritual and rhythms can we create?

7. Youth mentoring enables **change**

- What impact are our relationships actually having?
- How can we evaluate progress and the covenant?
- How do we know we've made a difference?

Please contact the NZ Youth Mentoring Network if you have any questions. E: info@youthmentoring.org.nz

We do hope you are able to join us for this workshop.

Kia orana, Fakalofa lahi atu. Taloha ni. Talofa lava. Malo e lelei.