



STRIDE *FORWARD*

Beyond Limits Mentoring

MENTOR APPLICANT PACK



Dear Applicant,

We truly appreciate your interest in the volunteer mentoring role at Stride Forward. Our team of dedicated volunteer mentors play a crucial role in our mission, and we're delighted that you are considering joining us. At Stride Forward, we are committed to ensuring that individuals with life-changing injuries have access to exceptional mentoring programmes that inspire and empower them to engage in positive and purposeful activities.

Our mentoring programmes are designed to:

- Support the development of confidence in various aspects of their lives, helping them to set and achieve meaningful goals.
- Assist them with the development of life skills, fostering resilience and independence, and facilitating engagement in meaningful daily activities.
- Encourage reflection and learning from experiences, empowering individuals to take responsibility for their decisions, plans and actions.
- Promote active participation in society with a meaningful sense of purpose.

For more information about our work, please explore our website
www.strideforward.org.uk

We embrace diversity within our team and warmly welcome applications from individuals of all ages, disabilities, gender identities, races, faiths or beliefs, sexual orientations, and socioeconomic backgrounds.

If you have the time to commit and are interested in the rewarding experience of making a positive impact, **kindly complete our application form included in this pack.**

Holly King
Chair – Stride Forward

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VOLUNTEER MENTOR ROLE



Reporting to:	Charity Manager
Working closely with:	Mentees, other mentors, charity employees
Commitment:	4 days per annum, per mentee * Mentoring activities are undertaken through a range of channels including face-to-face meetings, video calls, telephone discussions and email exchanges.
Remuneration:	Voluntary, with travel and other reasonable expenses payable
Based:	UK-wide

“A mentor is someone who allows you to see the hope inside yourself.” — Oprah Winfrey

Our approach at its core is to build self-belief, trust and empowerment through positive relationships, meaningful dialogues, and introspective reflection. Our mentors share guidance and insights drawn from their own journeys and expertise in personal development. Stride Forward offers training workshops, ongoing supervision, and support to ensure both you and your mentee undergo a transformative and enriching experience. You will be part of a wider Stride Forward mentor community.

Role Overview

As a mentor our hope is for you to establish a sustainable and trusting relationship with your mentee. Drawing upon your skills and personal experiences, to:

- Provide a safe, trusting, respectful, nurturing and encouraging environment within which to build a strong positive relationship with your mentee.
- Be a positive influence in the life of your mentee.
- Encourage mentees to openly express and discuss their ideas and concerns.
- Assist mentees in building life goals and then set objectives to work towards achieving their targets.
- Provide personal, positive, and purposeful feedback to mentees.
- Setting goals, providing support to achieve these goals and review their progress.
- Guide mentees in reflecting on learning from experiences that may not have turned out as expected.

***Commitment**

Volunteer Mentors need to demonstrate that they have the time and commitment to be an effective member of our team and will be asked to commit to:

- Mentor one mentee, once a month for a 12 or 24 month period.
- Complete a full induction programme (maximum of 4 hours)
- Access support and guidance from the mentoring programme manager and Stride Forward team during active mentoring as required.
- Attend an annual review with the mentoring programme manager.

What's in it for you?

Beyond the satisfaction of making a positive impact on the lives of others, this role offers a unique opportunity for you to:

- Share your knowledge and enthusiasm with those eager to learn.
- Expand your network and meet new, diverse individuals.
- Improve your own personal development journey.
- Be a part of our exciting new charity as it begins its vital work.

If you would like to apply, please complete our Mentor Application Form on our website.

If you are successful, we will ask you to conduct a DBS check at our cost.



1. What is the time commitment if I volunteer to be a mentor?

Volunteer mentors are asked to dedicate one hour per month to mentoring sessions over 12-24 months, depending on the mentee's needs. An additional 30 minutes a month should be allocated for session preparation and recording what you discussed.

2. How is the mentoring programme delivered?

Our programme values the quality of matches over geographical proximity, therefore sessions are online and delivered via Microsoft Teams or a What's App call, facilitating a flexible and accessible mentoring experience.

3. Can I meet my mentee in person?

Yes, in-person meetings are highly encouraged when possible, as they can enrich the mentoring relationship. We will support reasonable travel expenses to facilitate these valuable interactions.

4. What support do I get as a volunteer mentor?

Mentors receive support from our dedicated team, including Sue, our Mentor Programme Manager, a coach and facilitative trainer with years of experience; Sarah, a trauma clinical psychologist with extensive expertise and advice; and Holly, a specialist physiotherapist deeply familiar with the needs of our mentee group.

5. What does the training involve?

Our training consists of 1.5 to 2 hours of online, trauma-informed sessions facilitated by the Mentor Programme Manager via Microsoft Teams, equipping mentors with essential knowledge and skills.

6. What resources are available to volunteer mentors?

Mentors will be posted a Workbook, this resource is intended to offer a structured way to record insights, progress, and reflections from your sessions with your mentee. We also provide a Mentor Handbook via email, offering guidelines and insights to further enhance your sessions. Together, these tools are designed to facilitate a meaningful and impactful mentoring journey. In addition, you will have access to online forms either via the website or emailed to you.

7. What qualities are required of a mentor?

We look for mentors who can listen without judgement, place their mentees at the centre of their conversations, and occasionally adopt a more directive approach when needed. Knowledge in the mentee's areas of interest and the ability to utilise relevant connections would be favourable.

8. Who can provide my character reference?

Character references should come from individuals other than relatives or spouses, such as a work colleague, a friend or someone you have already mentored, who can say why you would make a great mentor for Stride Forward.

9. What impact does mentoring have on mentees?

Mentoring plays a crucial role in empowering mentees to navigate their challenges with increased confidence, resilience, and a renewed sense of purpose, profoundly affecting their emotional and mental well-being.

10. How are mentors and mentees matched?

We take great care in matching our mentors and mentees based on shared interests, goals and needs, ensuring a mutually beneficial and supportive relationship.



11. Can I choose the areas in which I want to mentor?

Mentors are encouraged to specify their areas of expertise and interest, allowing for a more tailored and impactful mentoring experience.

12. What if I encounter challenges during my mentor sessions?

Stride Forward provides continuous support to address any challenges, offering access to our team of experts for guidance, advice and resources.

13. Is there an opportunity for personal development as a mentor?

Volunteering as a mentor offers significant personal growth opportunities, including developing communication, empathy and leadership skills, enhanced by our training and support.

14. How does Stride Forward ensure the safety and privacy of its mentors and mentees?

We adhere to stringent confidentiality policies and require all successful mentor applicants to undergo a DBS check, the cost of which is covered by us, to maintain a safe, secure and respectful environment for all participants.

