



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](http://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

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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

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“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.

