

04

SESSION 4. MENTORSHIP RELATIONSHIP - BEGINNING OF THE MENTORING PROCESS

OBJECTIVE

Deeper understanding of the entering the mentoring process and first steps.

DOCUMENTS

Developing a mentoring agreement involves several key steps to ensure it effectively evaluates the mentoring relationship and its outcomes:

- **Timeline/Calendar:** Establishing a clear timeline ensures that assessment activities are conducted at appropriate intervals throughout the mentorship program, allowing for ongoing feedback and adjustment of mentoring strategies.
- **Ground Rules Document:** Setting ground rules helps to establish clear expectations and guidelines for both mentors and mentees, promoting a respectful and productive mentoring environment.
- **Commitment Form:** A commitment form formalizes the mentorship agreement and ensures that all participants understand their roles and responsibilities within the program.
- **Authorization of Image Rights:** Obtaining authorization for image rights ensures that participants' privacy and consent are respected when using their images or likeness for program-related purposes.
- **Skills Assessment Report:** The initial skills assessment analyzes the apprentice's competencies at the start of the program. Skill progress is detailed by tracking their advancements. Finally, recommendations and conclusions are presented, providing suggestions for the apprentice's continuous development and a reflection on the program's effectiveness.
- **Diary:** Both parties involved can develop a journal (writing, audio, video, etc.) where they share reflections on their role and the mentoring process. After each meeting, the mentor/apprentice can review and reflect in their journal about the encounter.

01

Building the Relationship

The first phase aims to create a strong foundation for a successful and supportive mentoring relationship.



02

Discovering my Role in Society

The second phase aims to understand the relationships with family and friends and to help the mentee build up a supportive network and develop an active role in society.



03

My Daily Life

The third phase provides support to overcome the challenges and foster the strengths of individuals, empowering them to navigate daily life with confidence.



04

Thinking about the Future

The fourth phase reflects about the future opportunities and different career paths for the mentee and develops the critical and analytical thinking.



05

Talking about my Disease

The fifth phase will focus on the disease. Mentor and mentee will see together testimonies of people in the same situation and will train mechanism to improve mental and physical health.

