



MENTORING YOUNG PEOPLE IN COMMUNITY SETTINGS

FORMAT	AGE	DELIVERY METHOD
2 Day course (12 hours)	16	Face to face, Online or Blended

‘Mentoring Young People in Community Settings’ is an innovative programme of learning that directly builds capacity in community organisations, to enable positive mentoring opportunities to vulnerable young people.

Choice Theory is used as the underpinning theory for engaging vulnerable young people associated with this programme. Choice Theory is an approach that helps people take more effective control of their lives. It does this by teaching and utilising a very practically focused psychology which offers immediately useable skills that enable people to re-direct their own lives, make more effective choices, and develop the resilience to handle the challenges of life more successfully. Many participants have provided feedback that Choice Theory is a game changer in enhancing their performance as highly effective youth focussed practitioners. Ultimately, Choice Theory is a methodology proven to make significant change for the lives of young people, central to the mission and values of StreetGames.

Choice Theory forms the foundation of this programme and is delivered by trainers who have completed specialist training through the **William Glasser Institute UK**. For those wishing to build on their learning, this programme can act as a starting point into a wider certification pathway, with further training and **annual residential opportunities** available through the William Glasser Institute UK.

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Cost – £3,500 (face to face delivery) delivered to a minimum of 10 people and a maximum of 20 people.





KEY ELEMENTS

- Rapport and relationship building in mentoring
- Quality worlds and how to build aspirations
- Understanding our basic needs and we can get them met in a way that doesn't harm us or others
- Total behaviour and how we can build emotional resilience
- The perception system and how we see the world
- The where and when of the mentoring conversation
- The how of the mentoring conversation – a practical 4 step mentoring framework to explore barriers to engaging, build choices and solutions to support the young person

Who is it for?

Both adults and young adults, employed workers and volunteers who are based in community settings in key roles to be able to reach, engage and support vulnerable young people.



LEARNING OBJECTIVES

- Build capabilities in community organisations to enable and promote positive mentoring opportunities to vulnerable young people within our communities
- Provide an overview of the role of StreetGames as a network organisation and their role in the mentoring context
- Explore the qualities and attitudes for mentoring with impact through a lens of violence prevention
- Develop practical techniques to build an effective mentoring framework in community settings

The sessions were engaging and everyone felt they belonged. People felt they were able to be themselves, share their thoughts and participate easily, and that made all the difference.

The course was really interactive and I found all of the different topics and scenarios really relatable to our job roles.



CONTENT OVERVIEW

Day One – Outline the Four aspects of choice theory

Welcome, introductions and wants for the workshop

- Introductions, overview of the workshop, wants and learning agreement
- Overview and context of StreetGames role as network organisation and youth mentoring context
- Boundaries and considerations in setting up and structuring the session
- Length? Frequency? Location? Additional support?

Rapport and relationship building in mentoring “It’s not ‘til they know you care that they care what you know”

- Examine what rapport is and its importance to engage young people
- Learn effective tools to strengthen the relationship building process

Quality worlds and understanding basic needs “All behaviour has a positive intent

- Activity to introduce concept of quality worlds and how this links to getting needs met
- Explore the choice theory basic needs model to help understand what motivates and maintains change.
- ‘What’s in it for me?’

What is behaviour? “The only behaviour I can control is my own”

- Explore the choice theory total behaviour model
- Develop strategies to help young people to change behaviours to avoid unwanted consequences

Perceptions “Change what we do, and we change what we view”

- Understand how perceptions influences our thinking and actions
- Explore how we can help change perception

Day Two – Putting choice theory into practice & the mentoring framework

The how of the mentoring conversation

- Use the choice theory ideas to develop practical ideas to engage and build relationships
- Learn a practical 4 step mentoring framework to explore barriers to engaging, build choices and solutions to support the young person

The where and when of the mentoring conversation

- Explore ideas to naturally build mentoring conversations into your settings/ during lockdown and a socially distanced world
- Use the choice theory ideas to develop practical ideas to engage and build relationships
- Learn a practical 4 step mentoring framework to explore barriers to engaging, build choices and solutions to support the young person Next steps, action planning etc

