



Training programme for mentors (Swiss LEGME partner):

Structure of the mentor coaching programme

Each year 10 mentors and mentees start their individual mentoring relationship as a group in one town. The mentoring programme is guided by a mentor trainer of MUNTERwegs and the mentors' training lasts 8 months. Mentors attend one kick-off meeting and 5 coaching sessions (each session lasts about 2 hours) during that period. So the overall training is 12 hours and is structured as a face-to-face meeting. However, apart from the scheduled coaching sessions, there is always individual support or training available from the mentor trainer if the mentor needs it.

Topics addressed during the coaching

At the kick-off meeting: get to know what motivates the mentors, their resources and interests, group building

During the coaching:

- joining – how to find common ground and establish a relationship with the mentees and their socio-cultural background, exchange of best practices
- intercultural understanding
- social - psychological topics
- social inclusion – exclusion
- promoting learning – especially language learning (German as a foreign language)
- strengthening the mentees' social network
- health promotion - improve resilience

Farewell

- sustainability