

3rd NEWSLETTER



ONLINE MENTORING AND PROFESSIONAL PEER COACHING SKILLS FOR YOUTH TRAINING

ABOUT THE PROJECT

Online MENTOR will facilitate employability and transition of young people over 18 from youth to adulthood, increasing their level of job-competences and entrepreneurship skills.

The main objectives of the project are: to create a network of specialized trainers on mentorship; to develop professional competences and entrepreneurial skills; to enhance tolerance, equality, gender balance, and social cohesion; to strengthen the connection between theoretical knowledge and practice in training.

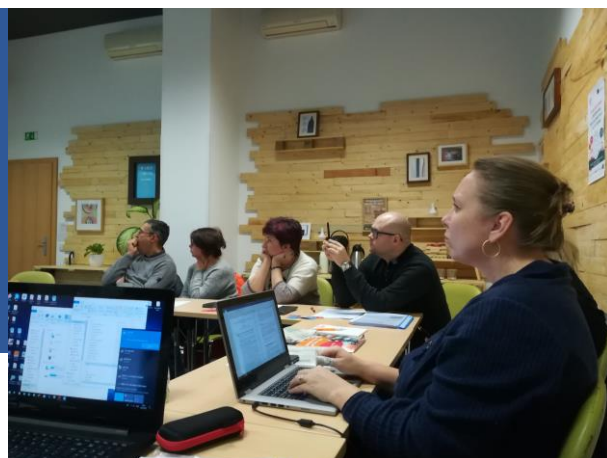
The direct target groups are nurses, social workers, teachers, youth trainers, youth workers, practice responsables/mentors interested to acquire knowledge, to learn practices and to improve their skills for becoming mentors for young people over 18 at the beginning of their career, students, volunteers.

Transnational project meeting no. 3

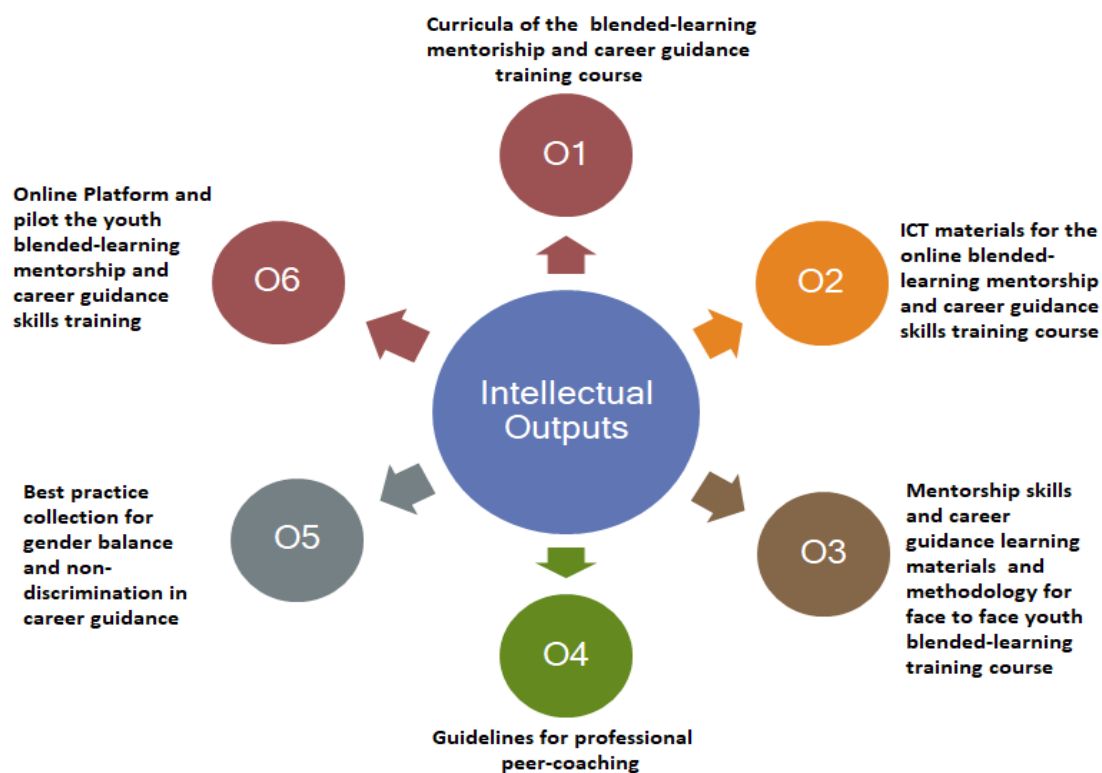
18 - 19. 3. 2019
Ljubljana, Slovenia

The 3rd partnership meeting was held on 18th and 19th March 2019 in Ljubljana, Slovenia with hosting organization STEP Institute.

Project partners have presented their activities and made an overview of the result already achieved in the project. They have also planned future project activities, especially the guidelines for professional peer coaching and collection of best practices in the field of gender equality. Last but not least, training in Lithuania for young people was discussed and planned.



THE PROJECT OUTPUTS



Intellectual outputs

IO 1: Curricula of the blended-learning mentorship and career guidance training course

As a first step of the project implementation process the partnership has developed Curricula for the training course “How to become a good mentor for young people (18+) working as nurses, social workers and teachers” (MENTOR Training). The Curricula includes six modules that will include face to face part and online training. The modules are the following:

- **Module 1:** Introduction to mentorship and career guidance
- **Module 2:** Mentorship area. Benefits and positive effects of mentorship and career guidance
- **Module 3:** The components of mentoring process
- **Module 4:** Competencies and qualities of a mentor
- **Module 5:** Critical thinking, adaptation to the regular changes in professional area in mentoring process
- **Module 6:** Empathy and non-discrimination of learners in mentoring process

Each partner organization has developed one of the modules. Curricula is the basis for the learning materials that were developed: each module includes materials for 5 hours of face-to-face training and for 50 minutes of online training. The quality and relevance of the Curricula was evaluated through peer review. The Curricula has been developed in English and translated in all national languages of the project partnership: Romanian, Bulgarian, Slovenian, Lithuanian and Czech.

IO2: ICT materials for the online blended-learning mentorship and career guidance skills training course

The materials include theoretical knowledge and practical exercises adapted to online environment. They have been subject to peer review by two independent reviewers. The materials have been developed in English and translated to all national languages.

Online learning materials have been integrated into MENTOR online platform. The platform has first been tested and later on used by first learners who have attended the international training in Slovenia.

IO3: Mentorship skills and career guidance learning materials and methodology for face to face youth blended-learning training course

Comprehensive learning materials for face to face MENTOR training have been developed. The materials will be useful for trainers and professionals from different work fields. Each partner has prepared one module based on the curricula. These materials have also been review by independent professionals and were used and tested at the international training in Slovenia.

International MENTOR training

20 - 22. 3. 2019
Ljubljana, Slovenia

In March a short-term joint staff training event was organised and implemented by STEP Institute, a partner organisation from Slovenia. Training was based on the learning materials created in the scope of intellectual output 3. Participants came from Romania, Bulgaria, Lithuania, Czech Republic and Slovenia and they were professionals from different fields: teachers, nurses, social workers, lawyers, and psychologists. Some of them were already experienced mentors and some young professionals who started to learn about mentoring and will make their first steps as mentors.

Training covered main topics and contents, such as differences between coaching and mentoring, benefits of mentoring, mentoring process, skills, characteristics and attitudes of a mentor and non-discrimination in mentoring. . . , Before the training, participants had to complete online learning on MENTOR platform.

Feedback from participants:

"We shared our examples and good practices with each other. We've learned about mentoring through practical exercises. The session was very interactive, multimodal and interesting. We had many debates to clear some questions or issues we encounter at work. Since we were from many different countries, it was valuable to have a chance to share opinions and gain different perspectives. The training was very interesting, and I would recommend it to other nurses, teachers and social workers as well."

"Training was very enjoyable for me, and most of all it was professionally beneficial. I appreciate the tolerance and support in communicating in English. The course management was professional - activities appropriately chosen, motivational and activating. Information from presentations were enriched by explanation and practical examples."



FUTURE PROJECT ACTIVITIES:

MENTOR training for young professionals (teachers, nurses and social workers) in Lithuania (May 2019)

Intellectual output 4:

Guidelines for professional peer-coaching

Intellectual output 5:

Best practice collection for gender balance and non-discrimination in career guidance

Intellectual output 6:

Online Platform and pilot the youth blended-learning mentorship and career guidance skills training

PARTNERS

Asociatia
everest.

GENDER
STUDIES

BALKAN
plan

CREATIVE
FUTURE IDEAS
LITHUANIA

LUDOR
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STEP
Institute

CONTACT

<http://onlinementor.eu>

[facebook.com//OnlineMentor.EU](https://facebook.com/OnlineMentor.EU)

The screenshot shows the 'Available courses' section of the 'ONLINE MENTOR PROJECT' website. The page is in English. It features a grid of six course cards, each with a thumbnail image of people working at computers and a brief description in a different language. The courses are:

- CZ - Jak se stát dobrým mentorem/mentorkou pro mladé lidi (18+) pracující jako zdravotní sestry, sociální pracovníci a pracovnice a učitelé**
- RO - Cum sa devii un mentor pentru tinerii (18+) care lucrează ca asistenți medicali, asistenți sociali și profesori**
- SL - »Kako postati dober mentor za mlade (18+), ki delajo kot medicinske sestre/zdravstveni tehniki, socialni delavci in učitelji«**
- BG - Как да бъдем добри ментори за млади хора (18+), работещи като медицински сестри, социални работници и учители.**
- LT - Kaip jauniems žmonėms (vyresniems nei 18 metų), dirbantiems slaugytojoms, socialiniais darbuotojais ir mokytojais, tapti geru mentoriumi**
- How to become a good mentor for young people (18+) working as nurses, social workers and teachers**

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