

**High Impact Mentoring.** Join this course to be equipped with the skills and knowledge to deliver an impactful mentoring journey.

### Course Objectives

High Impact Mentoring is an approach to drive rich learning, development and growth for both mentees and mentors. Learn mindset, skills and techniques to delivering an impactful mentoring journey.

At the end of the course, participants should be able to:

1. Understand the importance of mentoring and its benefits
2. Learn the differences between mentoring, coaching, and counselling
3. Acquire the Role and Responsibilities of Mentor & Mentee
4. Explore how to set expectations and goals in the mentoring cycle
5. Discover how to listen and question to help mentee learn and grow
6. Apply a model of giving feedback in a mentoring relationship
7. Acquire 12-months Mentoring Cycle

### Training Methodology

Lecture, role play, small group discussions, skills practice, reflection

### Course Outline

1. Welcome and Introduction
2. Ice Breaker
3. Challenges in Mentoring
4. Benefits of Mentoring @ the Workplace
5. Mentoring vs Coaching vs Counselling
6. Qualities of Mentor / Do & Don't
7. Mentoring Skills: Setting of Expectations and Goals Setting
8. Mentoring Skills: Listening & Questioning
9. Mentoring Skills: Constructive Feedback
10. Mentor Cycle

### Target Audience

Allied Health Professional, Enrolled Nurse, Registered Nurse, Advanced Practice Nurse, Corporate Services Staff

### Course Time


15 Feb 2021, 9am - 6pm

**Course Fee:** \$267.50 (Including GST) Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations.



### Trainers' Profile

**Adrian Toh** has over 20 years of experience, specializing in areas of Leadership, Team Development and Coaching. As a certified DISC Master Trainer, he has conducted numerous team development workshops for government agencies and the private sector. He is also a certified Neuro-Linguistic-Programme (NLP) Master Trainer, and a proven coach with more than 13 years of experience. For the past 7 years, Adrian has assisted organisations such as Prudential, SAF, Home Team Academy and individuals achieve their goals through training, facilitation and coaching.

#### Venue

 Zoom online platform

#### Enquiries

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