



**PROJECT
SCOTLAND**

E-Mentoring Guide

At ProjectScotland, we are all working hard to adapt to the current situation and continue to support young people, our charity partners and volunteering.

We already have an established, diverse pool of dedicated and passionate mentors with vast experience of supporting young people on a one to one basis. Many of the young people we work with already experience challenges in their life such as social isolation, mental health issues, low confidence and uncertainty about their futures. We feel that continuing to match a young person to a mentor throughout this unsettling time will help them to navigate through this, enhance their resilience and maintain positivity for the future. We also believe this will help us all to stay better connected to each other and our communities at a time where we may be separated from others for extended periods.

What is E-Mentoring?



Usually our mentors and mentees meet face to face, however due to COVID-19 we are currently utilising E-mentoring. This can include calls, sending emails between a mentor and mentee, texting, chatting using a messenger program, video conferencing (such as Skype, FaceTime, Whatsapp or another video call platform). Each young person will be matched to the right mentor and we will support them both throughout their journey together.

Their mentor will contact them once a week so they can start to get to know one another. Our mentors support their mentees to identify and work towards their goals, enhance self confidence, develop a CV, help with job searches and maintaining positivity for the future. We can also help them to explore current volunteering opportunities if they are interested.



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Phone Mentoring

ProjectScotland Mentor, Julie-Anne's experience

I have now phone mentored two very different individuals both from Dumfries. The first was very comfortable to facetime and this helped establish rapport much more quickly, she was articulate and had good inter-personal skills. The second and most recent was quite reticent and lacking in self-confidence. He was not keen to facetime or Skype.

Building rapport took longer but he is now much more able to engage in a two-way conversation and his confidence has grown significantly. He has now completed his ProjectScotland (volunteering) placement but I am continuing to support him through a Princes Trust course. In between calls, I texted and emailed.



Know someone who would benefit from E-Mentoring?

If you know of a young person (aged 16-35) who is at home or currently volunteering as part of the COVID-19 response, who you think would benefit from having a mentor, please get in touch.



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