

Y Connect Program 2018 Mentor Role

Mentoring Plus...

- *Are you an experienced woman with networks that support you?*
- *Are you interested in assisting a woman living with disability to grow their potential, realise their goals and broaden their connections for potential employment?*
- *Are you able to find two hours a month to work with a woman living with disability as a Mentor Plus?*

The **Y Connect** program created by YWCA Adelaide is currently looking for experienced women to make their knowledge and networks available to assist a young woman living with disability to develop her strengths and progress her work or career goals. Part mentor, part ambassador, this role will contribute to the **Y Connect** program, a ten week program of workshops to enable the participant to engage with YWCA Adelaide, explore their personal strengths for self-promotion and success, grow their connections for support and opportunity and experience an introduction to mentoring to help them achieve their goals.

YWCA Adelaide is currently seeking expressions of interest from women who would like to share their experience and networks by providing an individualised period of mentoring support. Previous experience or knowledge of working in disability is not essential just an interest in supporting and empowering a young woman living with disability.

YWCA Adelaide will provide training for 'Mentoring Plus', designed to assist mentors to deepen their understanding of the impact of living with disability and explore how their mentoring might make a significant contribution to their mentee reaching individual employment or career based goals. Training will include a specialist session run by Julia Farr to provide an opportunity to ask questions, break down myths and address any queries prior to being matched. Training will be held in the evening on Thursday 22nd February and Thursday 1st March.

Expressing Interest

If you are interested in being a Mentor Plus, please register your interest by filling in the attached application form and returning to: lisa.gascoigne@ywca.com.au for more information or queries please contact Lisa on 8203 9414.

Note: Mentoring Plus is a voluntary role with YWCA Adelaide, for which you will have access to insurance and support but not payment.

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About the Y Connect Program

The **Y Connect** program seeks to empower young women living with disability to identify and progress their goals for employment or career development whilst engaging with the YWCA as a source of opportunity through membership and community participation.

The **Y Connect** program includes a 10 week series of leadership and personal development workshops which will cover topics including;

- Exploring career options and aspirations
- Goal setting
- Identifying strengths
- Confidence and communication
- Networking and self-promotion
- Making the most of the mentoring relationship

Mentees in the program will be young women living with Acquired Brain Injury, a Degenerative Neurological Condition or other similar disability.

A key aspect of the **Y Connect** program is the matching of an experienced mentor to each participant. The mentor role is a crucial component of the **Y Connect** program, enabling the development of young women living with disability in leadership skills, confidence and networks through the provision of a professional and dynamic mentoring experience. Supported by the mentor the participant will set employment, career and personal goals and take steps to action them.

What is the Commitment?

The aim of the mentoring relationships is regular contact and the minimum commitment is 2 hours per month. Frequency may vary according to what is agreed between the mentee and mentor. Mentors will be matched to their mentees and engage in support for a period of up to 12 months, less if the mentoring is more intense over a shorter period of time and if this is considered more useful to the mentee.

Both parties are encouraged to provide their feedback to **Y Connect** throughout the program, to ensure the mentor relationship is effective and to facilitate problem solving of any issues that may arise. The **Y Connect** Program Coordinators will provide regular support and review of the match to ensure it is meeting the needs of everyone involved.

The meeting times, dates and venues will be negotiated between the mentor and mentee but mentors should be aware that some mentees will have specific access needs (e.g. wheelchair access or transport challenges) that may need to be taken into consideration. To allow face to face introductions and a relaxed first meeting in a comfortable environment, the first mentoring meeting will take place at the YWCA Adelaide office at a time that is suitable to both mentor and mentee.

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Mentor Application Form

To be considered as a mentor for the **Y Connect** program please complete the following application form and return to lisa.gascoigne@ywca.com.au or post to 17 Hutt Street, Adelaide, SA 5000. Following your application, potential mentors will be invited to meet with **Y Connect** staff to explore suitability.

To speak with us about mentoring in the **Y Connect** program please call Lisa on 8203 9414.

Mentor Details

Name _____
Address _____
DOB _____
Phone _____
Email _____

Employment Details

I am:

Currently employed by _____

Position / Title _____

Full Time

Part Time

Casual

Self employed

Business Name _____

Position / Title _____

Retired

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About yourself

Please provide a brief overview of your current and past career experiences in management or leadership positions

Do you have any hobbies or special skills that you think will benefit Y Connect mentees?

Mentoring

I have experience in mentoring

- Yes, previous YWCA Program mentor (SHE Leads or other)
- Yes, within my previous/current workplace
- Other - _____
- No

What does mentoring mean to you?

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What do you think your area of expertise is that you would bring to the mentoring relationship?

What do you look for from a mentee when building a mentoring relationship?

Have you had personal or professional experiences working with people living with disability that you could share with Y Connect participants? If yes please describe (*please note this is not essential*)

What do you hope the mentee will gain from having you as a mentor?

Do you have a preference in being matched to a mentee who:

Has an interest in working within same industry / sector - please list _____

No preference

Other – please list _____

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Availability

To be the best of your knowledge will you be able to commit to meeting with your mentee once a month?

- Yes
- No – I will not be available for the following dates

I would prefer to meet my mentee via:

- Face to Face meetings
- Email
- Skype / Facetime
- Other _____

What locations or regions are you available to travel to or meet in?

- Adelaide CBD
- Southern metro
- Northern metro
- Western metro
- Eastern metro

Other: _____

Preferred contact details to be sent to mentee

Name _____

Phone _____

Email _____

Thank you for your willingness to be a mentor for the Y Connect Program being run throughout 2018. Your details will be assessed against the needs of the program and participants and we will be in contact with you soon.