

10. 1-TO-1 MENTORING SESSIONS



For most people finding employment or a direction in life can be difficult anyway; but for others there are even more barriers to overcome. For that reason, our 1-to-1 mentoring sessions are a unique opportunity for individual to begin to resolve issues that are holding them back from achieving their goals.

WHO IS THIS COURSE FOR?

The course is for any adult or young person who requires mentoring to overcome issues that are holding them back in life and they wish to have a series of mentoring sessions to help them build confidence or view situations from a different perspective in order to move forward and succeed in life.

WHY ATTEND THIS COURSE?

This course is unique, in the sense that it is tailored for each individual. The goals may take a few sessions to be set as, for many people it is not until mentoring begins that they realise what situations may need resolving in order to re-build confidence.

WHAT DOES THE COURSE COVER?

- Building confidence
- Breaking down emotional barriers
- Reflecting on the past
- Looking at the present
- Setting goals
- Recognising your achievements
- Looking towards your future

HOW LONG IS THE COURSE? HOW MUCH WILL IT COST?

Both the course length and the cost will vary. We can design and deliver a course to the specific requirements of the company or your customers. We offer a free of charge consultation meeting to discuss course options and the length of the course.

TRAINING METHODS AND TECHNIQUES

We offer a wide range of interactive and engaging training techniques. As we all learn differently, each course has a visual, auditory (listening), kinaesthetic (movement) and retrospective, (looking back – reflective) element to appeal to every learner. We adapt according to the diverse needs and abilities of the individual or group.

We also offer extensive public speaking and interviewing experience to offer each training programme.

Please note: All our courses are currently unaccredited. However we can design accredited courses based on specific outcomes as long as your organisation or company has the relevant accreditation for the course.

For more information please contact Giselle or Fran on 075903 95089 or email contact@outsidetheboxeducation.co.uk