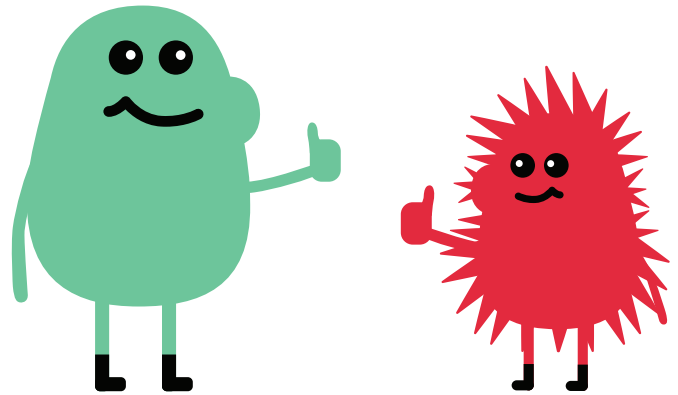


Positive Body Language.

01

- In pairs or small groups, practice ways in which you might match your body language to what you're trying to say.
- Pick a phrase where you are trying to communicate your support, apply the phrase with body language to match.
- In your small group, discuss strategies used, what worked and what could be done differently.



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Remember to...

- Use an open stance
- Be mindful of how you hold your arms
- Make appropriate eye contact
- Use active listening techniques such as nodding, acknowledgments etc.
- Ensure your body language reflects your verbal language.



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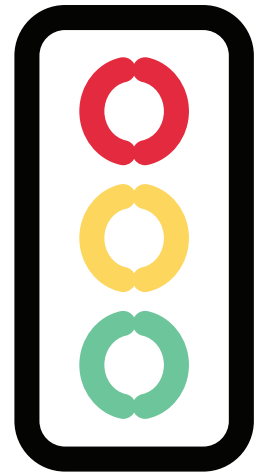
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Limit/Boundary Setting.

02

- In pairs or small groups, practice ways in which you might handle establishing boundaries in a mentor/mentee relationship.
- Also consider practising what you might do as a mentor if you feel that boundaries have been crossed.
- Pick a scenario where a boundary might need to be reinforced and practice communicating this in a non-confrontational manner.
- In your small group, discuss strategies used, what worked and what could be done differently.



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Remember to...

- Involve both parties in the process
- Be clear about the behaviour you expect
- Talk about what to do, rather than what not to do
- Refer to the Code of Conduct and other policies to support this process, and also find out what to do if boundaries are crossed



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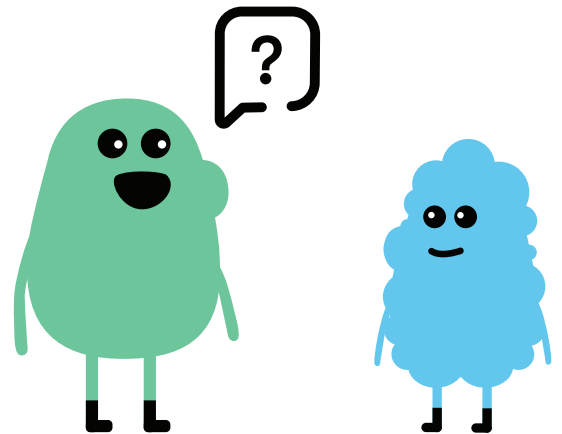
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Asking Open Ended Questions.

03

- Open ended questions can assist in engaging and encouraging conversations.
- In pairs or small groups, practise asking open-ended questions to build your relationship with your mentee.
- Try re-framing closed questions to allow for a more in depth discussion.
- In your small group, discuss strategies used, what worked and what could be done differently.



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Examples might include:

- “how was school today?” vs. “what assignments are you working on at school ?”
- “are you ok?” vs “how are you feeling?” or “why are you crying?”
- “do you like...?” vs. “what would you most want to change about...?”
- “did you enjoy...?” vs. “how would you describe...?”

Remember to...

- Begin sentences with “what”, “when”, “why” or “how”
- Avoid questions that require a yes/no answer
- Try to connect with the person based on their answer
- Make sure you listen to the answer



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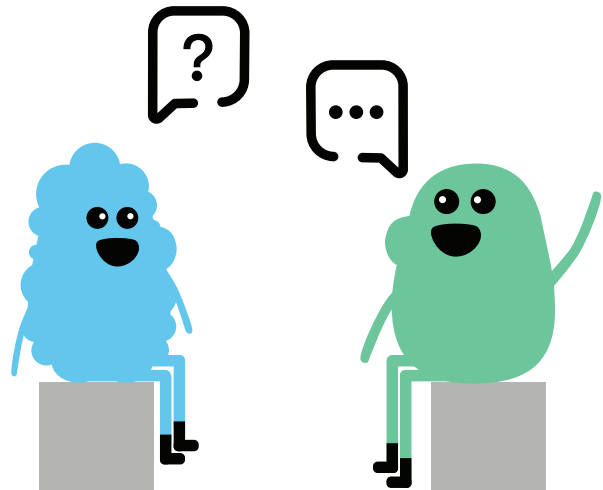
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Problem Solving.

04

- In pairs or small groups, practice ways of helping your mentee find a solution to a problem.
- Identify a potential challenge a mentee may be faced with to support the activity.
- In your small group, discuss strategies used, what worked and what could be done differently.



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Remember to...

- Not try and solve the problem for the mentee – they need to identify the solution themselves
- Work with them to really identify the issue at hand
- Allow them to identify possible solutions and how they might be implemented
- Help them to process why a potential solution may have negative consequences
- Try and use open ended questions to allow them to think through their responses



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