

MENTORING COMPETENCE

- Facilitating cultural navigation and awareness
- Fostering intercultural learning and reflection
- Building trusting relationships
- Raising awareness of well-being
- Supporting well-being practices
- Providing support in managing difficult situations
- Providing support in managing conflicts
- Supporting (self-)regulation of emotions
- Raising awareness of learning and development
- Supporting planning and implementation of learning and development
- Supporting reflection and assessment of learning and development
- Raising awareness of the Programme's values
- Supporting alignment of activities with the Programme's values
- Creating an accessible and safe environment for volunteers
- Providing reinforced mentorship
- Supporting the onboarding process
- Supporting volunteers' integration within the organisation
- Supporting team-integration process
- Supporting team cooperation
- Planning mentoring support
- Documenting mentoring activities
- Reporting to the organisation

HOW TO DO IT?

1. Choose 6 to 8 competences that you would like to reflect on
2. Where are you in your mentoring practice in each of competences on a scale from "1" to "10"? ("10" stands for "I am doing well in this area" and "1" is the opposite). Mark them in the wheel (make them colourful!)
3. Look at 1-2 competences (preferably below 8): What is one thing you need to learn to improve (+1) with this competence? (Check with the [Competence Framework!](#))

Mentoring Wheel COMPETENCE

