

## Is peer mentoring for you?

If you would like to train to be a peer mentor and you are aged 14+ ask your head of year/youth worker to get in touch with us on the details over the page.

## Regional SEN Transition to Employment Initiative

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## Regional SEN Transition to Employment Initiative

# Peer Mentoring



## What is the Regional SEN Transition to Employment Initiative (Real Opportunities)?

Real Opportunities works with young people aged 14 to 19 who have severe and complex needs, including a learning disability and/or autistic spectrum disorder.

The project aims to motivate them and others in their life to prepare for the future by working with them to raise aspirations, increase participation in social, learning, volunteering and employment opportunities.

### Peer Mentoring is...



Supporting another through an important transition to help achieve their goals and reach their full potential.



Offering encouragement so that the Mentee will feel inspired, have a heightened confidence and will benefit from personal growth.



Being a positive role model to the Mentee and will share their knowledge, skills and experience.

### What we are looking for...

- Young people aged 14+ to support groups of young people with severe and complex needs within a school/project setting.
- Young people aged 16+ to support groups and individual young people with severe and complex needs to access social activities and work placements.

### What we offer...



- ✓ Mentoring Skills Training
- ✓ Disability Awareness Training

### What's involved in the Peer Mentor Training.

- Definitions of peer mentoring
- Skills needed to be a peer mentor such as communication skills
- Self awareness
- Planning and running peer mentor sessions

### Benefits for the mentee...

Achieving their goals and reaching their full potential

Feeling inspired

A heightened confidence

Benefitting from personal growth

### Benefits for the mentor...

A sense of achievement

Self awareness

Heightened confidence

A more comprehensive CV

A certificate of accreditation

It can also count towards the Duke of Edinburgh's Award

### What next?

Once trained the Mentor can support young people with or without severe and complex needs to:

- ★ Access local youth activities
- ★ Watch or play sports
- ★ Participate in holiday schemes
- ★ Complete work placements (16+ yrs)

...and much more!