

Ten Tips for Coaching

These tips are from Whangarei Boys' High School. You may find them useful to draw on from time to time.

Do not quit!

Mentoring relationships with young people will sometimes stumble and stall. Keep on keeping on!

Be authentic!

Trust, empathy, integrity and respect are solid foundations on which a mentoring relationship can be built.

Be non-judgemental.

Unconditional care and understanding gives the mentoring relationship a greater chance of succeeding.

Turn up and stay in touch.

Regular communication with your mentee will enhance the possibility of a positive connection with mentees. Mentors drive the relationship, especially during the early days. Be punctual for meetings with mentees.

Don't expect to have all the answers.

Mentors are human beings who are not expected to be perfect. Seek support from other mentors and programme staff.

Be a valuable resource.

Mentors are valued as key resources by mentees, especially when they link their mentees to personal networks.

Be realistic about the relationship.

Mentors are expected to be a friend, not a saviour or someone offering quick-fix solutions to complex problems. Be a seed sower!

Listen, listen.

Effective communication techniques produce mentoring from the heart.

Celebrate the small victories.

Be a positive cheerleader in your mentee's life, helping him or her achieve realistic goals on the journey to reaching their potential.

Have clear boundaries and expectations.

Communicate and negotiate ground rules with your mentee at the outset and revisit these as often as is necessary during the mentoring journey.