

# Counselling Courses

## Peer Mentoring

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This course provides further professional development for existing volunteers and anyone in related community sector employment such as support workers.

### What are the entry requirements?

You are required to first complete Level 1 Peer Mentoring. This provides you with the skills development you need to successfully achieve Level 2.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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This Level 2 Award explores the role of peer mentoring and is designed to support the development of effective peer mentors.

You will develop the skills and knowledge to become an effective peer mentor. This will prepare you to mentor within the setting in which you will volunteer or work.

You will explore:

- The role of a mentor
- Preparing to become a mentor (setting SMART targets, communication skills, Legal and ethical requirements and preparation for a mentoring meeting)
- Mentoring skills and techniques.

This course follows on from our Peer Mentoring (Level 1) course and will allow you to progress the skills you gained on that course.

The course is balanced between theory, research and practical application.

There is a requirement to produce a portfolio of the work including a reflective diary on your mentoring practice.

## **What can this course lead to?**

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You could progress onto:

Management Skills and Knowledge (Level 3) – You would need to be in a Team Leader, Supervisor or Manager role for this course.

One of our Access to Higher Education courses at level 2 or 3.

Possible careers include being a mentor.

## **Want to learn more?**

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

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