AnxietyUK
Formerly The National Phobics Society

Mentor Profile
Role Description

ATTITUDES AND VALUES

A Mentor should:

- Demonstrate a positive approach towards their Mentee and be motivated by the need to support their development.
- Have a positive attitude towards working with people of any gender, family status or sexual identity, or who are from any ethnic origin, culture or religion or who may have a disability.
- Demonstrate a sensitive and non-judgemental attitude towards others

KNOWLEDGE AND EXPERIENCE

- Mentors who have personal experience of anxiety issues or a basic understanding of anxiety sufferer's needs would be desirable.

SKILLS AND ABILITIES

- Be punctual and reliable and understand the importance of reliability to the mentoring process.
- Have good communication skills including listening skills and be able to communicate effectively.
- Be able to boost another's confidence and self-esteem through positive praise
- Be able to transfer your own knowledge and life experience to advise and support another in their decision making process about their re-engagement back into employment.
- Be able to observe progress of the Mentoring relationship and complete evaluation forms as required by Anxiety UK.
- Be able to accept guidance and direction from the Peer mentoring coordinator at Anxiety UK. Furthermore to be able to recognise when there is a need for support to carry out the role of Mentor.
- Be clear about confidentiality and when confidences need to be kept, but be able to judge when a disclosure should warrant further discussion with the coordinator / child protection officer at the school.
- Be prepared to be flexible for the sake of regularity of mentoring meetings.
- Be enthusiastic, encouraging, open minded and willing to challenge your own perceptions.

CIRCUMSTANCES

- Be available (to the best of their knowledge) for a meeting once every 1-2 weeks for 30 plus minutes for, on average six months.