



Our Mentors

Our volunteer mentors are vetted and need to meet four essential competencies:

1

Good communication skills (the ability to listen and to handle challenging conversations)

2

Capacity and commitment to adhere to the boundaries of the role

3

Capacity and commitment to engage people from diverse backgrounds (e.g. sexual orientation, race, faith) in a non-judgemental and respectful manner

4

Capacity and commitment to promote safety and well-being at all times



MENTORING MEN



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Need more information?

Tel: 1300 583 925
Email: info@mentoringmen.org.au
Web: www.mentoringmen.org.au

Want to become a volunteer mentor?

Visit: www.mentoringmen.org.au/volunteer



fb.me/MentoringMenAus



linkedin.com/company/mentoring-men

Supporting men
in their life journey

Who are Mentoring Men?

Vision:

"Supporting men in their life journey".

Objectives:

We aim to support men who would like to lead a more enjoyable and fulfilling life to help them with:

- Overcoming loneliness and isolation;
- Setting goals to support hope for their future;
- Identifying and focusing on their purpose;
- Providing support and finding help with relationship challenges;
- Creating new relationships;
- Taking action on mental health issues;
- Improving confidence and self esteem;
- Feeling connected with other males;
- Increasing their capacity to move forward in areas where they may be stuck.

Why is Mentoring Men needed?

- In Australia male suicide rates are over three times female rates, thus showing the need for support;
- Over one in three men (37%) are not satisfied with the quality of their relationships, typically because they do not feel they are emotionally connected or supported; and
- Australian men are arguably socialised in ways that reinforce norms of stoicism, independence, invulnerability and avoidance of negative emotions.

Men being supported by men, creates a community of care.



How does it work?

- Mentors are matched to mentees, a mentoring relationship agreement is signed and the mentoring commences.
- Mentoring sessions are held for up to 1 hour, on a regular basis, usually weekly or fortnightly. The scheduling and venue for the mentoring sessions is jointly agreed by the mentor and mentee.
- Mentees set the agenda of what is to be discussed and the mentor supports the mentees interests and goals for what they want to achieve.
- The mentoring continues for the agreed term (usually 6 to 12 months).

Who can be a mentee?

- Any male over the age of 18 who meets the acceptance criteria.
- In some cases younger men who have left school, and require support, will also be accepted into the program.

Who can be a mentor?

- Any male over the age of 21 who meets the acceptance criteria.
- If you genuinely care and you can listen then you can be an MM mentor.

The benefits of Mentoring Men

Mentee Benefits:

Mentees are matched with a trusted male mentor who will:

- Listen and support them
- Help them with goal setting
- Be non-judgemental
- Help them with relationship challenges
- Help take action on mental health issues
- Help improve confidence and self esteem
- Help increase their capacity to move forward in areas where they may be stuck
- Being a not for profit organization there are no costs associated with this program

Mentor Benefits:

- Free training
- Professional development and support
- Personal fulfillment
- Helping other men and connecting with others

Visit: www.mentoringmen.org.au/volunteer

