

MENTORING MEN



Where no man walks alone



What is Mentoring Men?

Our Mission is Supporting men in their life journey.

Mentoring Men is a registered Australian charity providing **free long-term one-to-one life mentoring programs for men living in Australia**. Through non-judgmental support and encouragement, our program focuses on early intervention and a proactive approach to support men who need help before they spiral into crisis.

At Mentoring Men we recognise everyone deserves to be treated equally, respectfully and with dignity. We are committed to building an inclusive community that supports all men when they need it.

Join over **1400 men** engaged in the program.

Simply complete the online form which can be found on our website.

1300 583 925
www.mentoringmen.org.au



How does Mentoring Men work?

Mentoring Men is made up of Mentees and Mentors.

Mentors and Mentees are carefully matched based on numerous factors (age, location, life experiences) relevant to fostering a successful relationship.

A **Mentee** is a man who seeks to improve their life with support from a Mentor.

The **Mentee** can see a number of results:

- Increased resilience, emotional awareness and communication
- A renewed sense of purpose
- Reduced feeling of isolation
- Improved relationships
- Encouraged integration
- Higher levels of service and contribution to the community

A **Mentor** is a man who volunteers his time to meet, listen and help a Mentee in his life journey.

Our current **Mentors** have described the following benefits:

- A strong sense of fulfillment and purpose
- Making a difference by addressing key issues
- Belonging to a group of like minded volunteers

Every Mentor goes through training by Mentoring Men. The training program equips men with skills such as active listening, empathy, validation and self-care whilst having a positive regard for all men.

For further information and to join our community scan the QR code or contact us.

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