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 children’s safety and well-being at all times

Need more information?
Tel: 0414 271 706
Email: info@mentoringmen.org.au
Web: www.mentoringmen.org.au

Want to become a volunteer mentor?
Visit: www.mentoringmen.org.au/volunteer

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 focussing 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 & 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 fulfilment
■ Helping other men

Visit: www.mentoringmen.org.au/volunteer