



Summary of mentoring Journey

Start/End date: November 2020 - November 2021

Initials: K.B

D.O.B: 16.11.2005

No. Of sessions: 37

Mentoring summary

K.B first session with mentor Eszter Borbely was in November 2020, the first couple of sessions went well, but K.B focused a lot of the things she didn't like and found it hard to maintain a conversation without jumping around. She also mentioned very early on that 'she didn't need friends' however as the sessions progressed K.B made new friends at school.

Quote from the mentor - 04.07.2021 - 'K mentioned that she met new people at her school that she hoped to become friends with. Great progress as she was very reluctant to speak with new people when we started our sessions'

Throughout K.B's mentoring journey Eszter covered a range of topics with K.B including Racism and online safety, they spoke about relationships and what it meant to have a good foundation. Eszter also took K.B to new places, encouraging her to be more independent by using the trams and the underground. This supported K.B's goals of being more independent. Eszter supported K.B to understand why it's important to manage money by sharing resources with her such as Barclays life skills. It's clear the relationship between K.B and her mentor grew over the 12 months, Eszter became someone that K.B could 'download' to and someone that also challenged the way K.B saw things, educating her on matters such as racism and encouraging her to watch TED talks about racism.

As the sessions went on it's evident that K.B was becoming more confident, understanding how to manage her anxiety and able to do stuff independently - such as ordering her own drink at the cafe. Please see the notes from the sessions which evidently show how K.B has grown throughout the sessions.

Goals worked on

1. 1. Identify what she likes/dislikes/wants to do
2. 2. Identify characteristics she likes about herself
3. 3. Identify characteristics she needs to work on
4. Encourage her to stay focused on the talking topic- employ a no. of strategies

Did they attend any specific experience - Yes or No

No but they went to the museums in central London (V&A and Natural History) and visited the theatre for their last session.

Safeguarding Concerns

0

Scores from the Rosenberg

- First Rosenberg: 19
- Last Rosenberg: 25

What does this mean:

Evaluation scores

3 month evaluation: 113

6 Month evaluation: 105

12 month evaluation: 92

What does this mean:

Comments from Mentor Summaries over the 12 month period

9th Jan - 'Overall, she has difficulties maintaining one line of conversation and we are still in the rapport building phase.

She does not maintain eye contact and likes to jump from topic to topic.

16th May - 'K is getting more and more confident in her independence. She's ordering for herself without problem and wanted to try new things (even if these were fruit on this occasion). As someone who is afraid to try new things and address strangers, I think she makes good progress on this.'

20th June - 'K asks things now on own initiative and became more confident addressing the people who work at cafes or in shops. She sometimes forgets to say hi or thank you but when reminded, she is keen to correct herself.'

22nd August 2021 - 'Experiencing new things and being amongst strangers is definitely something Kelly needs to get better at and get used to. She enjoyed this experience and wanted to come back in one of our next sessions.'

29th August 2021 - 'experiencing new things is part of what Kelly needs to do more and get into situations that she is not used to. She did really well in a crowded area and at an unknown place'

26th September 2021 - 'This underlines my experience with Kelly that she struggles to complete tasks on her own, however, if assisted (if we looked this up together), she is more than eager to complete it and spend time looking it up.'

10th October 2021 - 'Kelly managed to discuss and stay on topic for over an hour, which is an achievement as she had difficulties staying on one topic for more than a couple of minutes at the beginning of our sessions'

24th October 2021 - 'Her mum said that Kelly became more open about speaking about her feelings and that she also became more confident. I highlighted that she is much better at staying on topic which feel is a great achievement for her. Kelly said that she agreed with the things we said and proudly took credit for the changes'

21st November 2021 - 'I told her on the train that I was really happy and grateful to know her.

Then we discussed a bit about whether she thinks the sessions were good for her. It was great to hear that she saw the added value and thought that the sessions were useful, she said that she became more confident and brave.'