

## Case Study

Name of Mentor	Rhian Todd
Name of Mentee	FB
Mentoring Period	September 2021 to August 2022
<b>CASE STUDY</b>	
<i>Initial meetings</i>	<p>FB and I were paired together as the mentor she had been working with since July 2021, was moving out of London. After a thoughtful handover period between myself and the previous mentor, FB and I began to start meeting on our own.</p> <p>As they and her previous mentor had always met at cafés, I was intentional about keeping some consistency and ensured our initial meetings followed suit. We met at a café in a similar vicinity each week for the first month. I trust that this stability helped her to adjust to the new relationship and was a good foundation for trust to develop.</p>

<p><i>Weekly goal setting</i></p>	<p>FB and I set small goals each week that were easy to achieve so she could get used to a sense of accomplishment to boost her self esteem. Every month FB and I would agree on a challenge that was out of her comfort zone, with the understanding that if she achieved the goal, there would be a reward. For example:</p> <p>(1) FB had a fear of phone calls. We took 10 minutes to role play phone calls in person every time we met for 2-3 weeks. I then went on holiday and her challenge was to call me and initiate a 5-minute phone call. Her reward for doing so was going to see a film at the Cinema together. She accomplished her goal, overcoming her fear and so we went to see a Marvel film at Streatham cinema!</p> <p>(2) FB did not have a lot of friends in her college course. She wanted to practice making friends ahead of going to university but she felt anxious to put herself out there. We would role play social interactions in person every time we met for 2-3 weeks with a particular focus on her asking questions to keep a conversation flowing. Her challenge was then to ask someone of her choosing on her college course if they wanted to get a coffee together at break time. She put herself out there and did ask someone. Although they didn't take her up on her offer, the accomplishment was the action and so we went and got our nails done together. FB had never had her nails done in a salon before.</p>
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<p><i>The journey from the mentor perspective</i></p>	<p>Mentoring FB was a positive experience as she was engaged with the process: committing to her meetings with me, as well as the short-term and long-term goals she set for herself.</p> <p>It was a pleasure to observe her achieve her long-term goal of securing a place at university, having received 4 offers out of the 5 universities that she applied to.</p> <p>It was even more wonderful that she instinctively began to start using skills we worked on developing together, when life threw her unexpected hurdles and opportunities.</p>
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