

Challenge Mentoring

Challenge Mentoring is an intensive intervention programme for young people who are struggling to adjust to life in secondary school. Learners referred to the programme may have low attainment levels, poor social skills, SEND / BESD, or speak English as an additional language.

Students are supported to identify a skill/skills they need to develop, and are matched with a mentor who coaches them through a transformative 10 week programme of one-to-one mentoring, personalised weekly targets, skills workshops and the completion of a personal challenge. Each school is paired with an aspirational workplace that hosts Challenge Mentoring and provides mentors, who are trained and supported by Inspire!

Programme aims are agreed with each school. E.g. to

- develop confidence and self-esteem
- increase motivation to learn
- raise aspirations
- develop skills for learning

"A fantastically supportive and positive experience. I was so impressed with how the girls performed and pushed themselves."

Parent, Clapton Girls' Academy, 2016

Challenge Mentoring student feedback.

100% students rated the programme 'Excellent or good'

100% said the programme improved their self-esteem

100% said the programme improved their motivation

100% said the programme raised their aspirations



Celebrating success! Mentors and mentees are carefully paired following a matching event.

"I really enjoyed working with my mentor as she was really nice and I liked feeling really proud after my final challenge presentation."

Year 7 at Clapton Girls' Academy

"I feel proud that I overcame my challenge of building confidence even though it was tough."

Year 7 at Clapton Girls' Academy

Challenge Mentoring teacher feedback

- 100% 'strongly agreed' that Challenge Mentoring improved students' confidence and self esteem
- 100% 'strongly agreed' agreed that Challenge Mentoring improved students' communication skills
- 100% 'strongly agreed' that Challenge Mentoring raised students' aspirations
- 100% 'strongly agreed' that Challenge Mentoring contributed to student attainment

Programme format

The programme has three components, which have been successfully trialled in a partnership between **Clapton Girl's Academy**, **Northumberland Park School** and **Linklaters law firm**.

Mentors are trained and supported by an experienced mentor with experience of delivering tailored programmes for students.

1. Mentoring - Personalised support at an aspirational workplace

45 minute one-to-one mentoring sessions every week for a minimum of 6-8 weeks. These take place at an the aspirational workplace. Skills assessment, tailored resources and weekly target setting

"You are the best! You have helped me a lot with my confidence. Thank you!"

Year 7 at Clapton Girls' Academy

2. Group Workshops –Motivation, Confidence, Teamwork and Presentation Skills

Schools select 1 group workshop from a menu, tailored to the needs of the students enrolled on the programme. We can also offer a parental engagement launch event at the school.

- | | |
|--|----------------------------------|
| ! Communication skills acting workshop | ! Future aspirations |
| ! Confidence and self-esteem | ! Motivation at school |
| ! Presentation skills | ! Study skills and organisation |
| ! Teamwork at school | ! 'Confident Me' acting workshop |

3. Personal Challenge

Each student is supported to identify a personal challenge that they complete during the course of the programme with the help and advice of the mentor. E.g. to give a presentation to their class or to perform in front of an audience.

For further details please contact **Alex Straker, Programme Manager, Inspire!**
alexander.straker@inspire-ebp.org.uk or on 020 7275 6077