

SeniorVlog

Inspiring and Empowering Seniors
to become Vloggers and conquer
the Internet

PR3 | MENTORING GUIDEBOOK
TOOLS FOR MENTORS



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Agreement

| | | | |
|--|--|--|--|
| Name of mentor: | | Name of Mentee: | |
| The mentor and the mentee accept that they will work together freely and voluntarily within the following terms: | | | |
| 1. The mentoring relationship lasts (months, weeks): | | 2. They will meet at least (weekly; biweekly): | |
| The time and duration of each mentoring session will be agreed between mentor and mentee. Once agreed, they should not be cancelled except for reasons of force majeure. | | 3. Each mentoring session will have an average duration of: | |
| Everything that is said in the mentoring sessions is private and is only said to the Supervisor when necessary.. | | | |
| Mentor's responsibilities: | | Mentee's responsibilities: | |



Session record

| Session n° | Date | Start Time | End Time | Please give a brief description of the activities carried out in the mentoring session; include details such as the type of activities that were carried out, whether they were planned or not planned. Write down any occurrences that have occurred. | Signature of Mentor | Signature of Mentee |
|------------|------|------------|----------|--|---------------------|---------------------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |



Initial expectations and profile



Action Plan

  **BAGÁZS**
Közhasznú Egyesület

Your Goal is

Sometimes one step is too high you have to **create smaller steps!**

You are here



 Erasmus+ 

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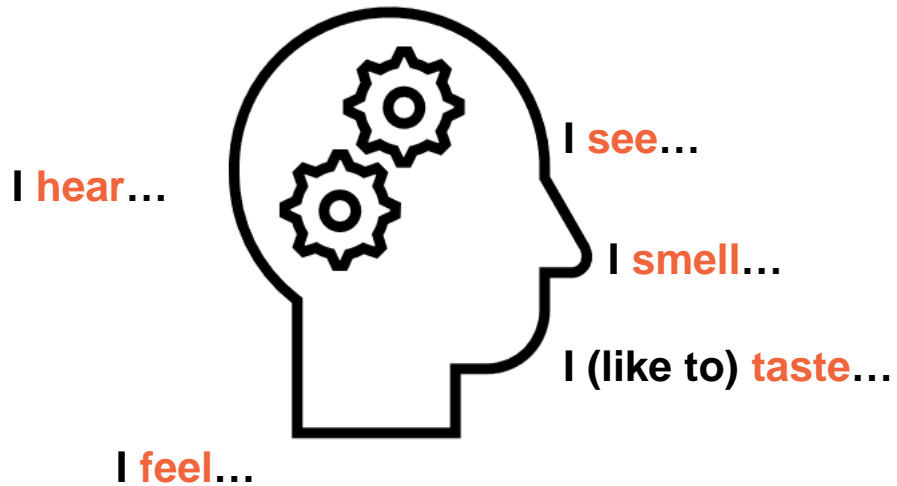


Personal analysis

| I AM / IDENTITY (identity markers, i.e., gender, age, ethnicity, religion, among others) | PAST (Professional / Training Experience) | CAPABILITIES (Professional / Personal Skills) | I THINK (What do you want to do in your ideal future?) | STEPS (Which steps should you take towards your ideal future?) |
|--|---|---|--|--|
| Write here | Write here | Write here | Write here | Write here |
| Write here | Write here | Write here | Write here | Write here |
| Write here | Write here | Write here | Write here | Write here |
| Write here | Write here | Write here | Write here | Write here |

5-4-3-2-1 Grounding technique

This technique incorporates **all 5 senses** to help remind you of what your senses are telling you about the world around you at present. It aims at supporting focus and helping the mentee to find hi/her aspirations. Ask the mentee to say think and say aloud the sensations he/she is observing.





My legacy

What values, beliefs, behaviors, strengths, or traits would I like people to remember me for?

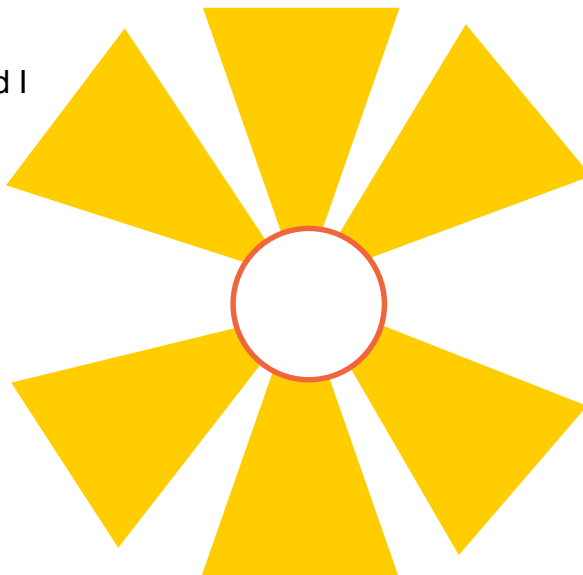
What knowledge/skills would I like to pass on?

What do I want to be remembered for by other people around you (family, friends, co-workers,...)?

What behaviors do I encourage in other people?

What would I like to pass on to the next generations at work?

What do the people around me need? How can I serve them?



What do I want from Vlogging? Steps to take in order to

My Vision Statement for Vlogging:



What I already know...

Write here



Outcomes at personal level

Write here



Outcomes at social level

Write here



Walkabout: triggering creativity



The mentor gets a regular dice and sets the code: 1 = walk forwards straight ahead, 2 = turn to the left, 3 = turn to the right, 4 = go forwards heading diagonally to the left, 5 = go forwards heading diagonally to the right, 6 = walk forwards straight ahead.

The mentee will take a walk in a space (it does not matter the size of it. The directions are set by the dice. The mentee should pay attention to what is around him/her.

The mentee rolls the dice and takes the direction.

At each time, the mentor should guide the mentee to identify new things around him/her (what can you see that you hadn't noticed before?). For each time, the new observations shall be listed. The mentee may use some knowledge gained in the training, by photographing those new observations, or filming the process.

Take time to reflect on what has emerged.



Letter to myself

The mentee will write down the answers for each of the topics. The mentor will keep it and will send it to the mentee after 3 months from the end of the mentoring programme.

Dear _____ (name of mentee),

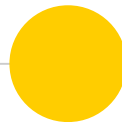
After the time you have dedicated to the SeniorVlog training and mentoring programme, you may have accomplished something for your future self. Here I am reminding you of that.

| | |
|---|------------|
| What will I achieve by _____ (write month/year) | Write here |
| What will I do tomorrow/ next week/ next month? | Write here |
| How do I feel now about my vlogging? And how do I want my future self to feel? | Write here |

References

Haserot, P. W. (2015). How To Leave A Legacy Where You Work. Forbes. Available at: <https://www.forbes.com/sites/nextavenue/2015/08/12/how-to-leave-a-legacy-where-you-work/?sh=656a6712412c>

Mind Tools Content Team (n.d). What Is Legacy Thinking?. Available at: <https://www.mindtools.com/a3axrm1/what-is-legacy-thinking>





Thank YOU

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