



CONNECT/FOCUS/GROW

MENTORSHIP COLLABORATION

Learning to support interns through mentorship

What is it?

Connect/Focus/Grow is a NEW collaboration between Virginia Talent + Opportunity Partnership (V-TOP) and Mentor Virginia. Mentor Virginia will facilitate mentorship training for employees/supervisors engaging in mentoring initiatives or interested in getting involved with mentoring programs supported by their organization. As well as mentorship training for students/interns participating in or interested in career readiness mentoring.

Why Mentorship?

V-TOP provides resources for students to further develop their career readiness skills. Mentoring can offer both job-related skill development and socioemotional support to ease the student's transition into the role of a worker.

Mentoring can also be a way to initially interest students in pursuing particular careers, as well as keeping them on that pathway as they overcome hurdles and build their sense of belonging within an industry.

The Program



Connect

The connect content will focus on strategies and tactics to help mentors build trust and rapport with mentees. The content will also highlight the best ways to support, encourage, and celebrate youth leveraging the basics of positive youth development.



Focus

The focus content provides mentors with coaching techniques, tools and activities to leverage with mentees in setting goals and creating action plans to achieve those goals.



Grow

The grow content will review effective practices for giving and receiving feedback as well as dealing with common challenges in mentoring relationships. It will also equip mentors and/or supervisors with useful strategies for cultivating and practicing a growth mindset.

Mentor Virginia is hosting statewide mentorship training. Contact your regional coordinator to learn more about the program and register for training near you.

