

# Skills in Mentoring

Dr. Vincent Wong

MBBS, M.Med(Psych), CMIA

王忠威 心理精神专科医生

Consultant Psychiatrist

[www.brainmindspecialist.com](http://www.brainmindspecialist.com)



# Why we need a Mentor?

- Everyone needs a mentor.

# Protective Factors that Foster Resiliency in Young People

Adapted from Peters, J and Thurlow I. (2003)

Skills	Examples
Relationship	Able to form positive relationships
Service	Gives self in service to others and/or a cause
Life skills	Good decision-making, assertiveness and conflict resolution skills
Spirituality	Has personal belief in God
Humour	Has a good sense of humour
Perceptiveness	Has insight into understanding people and situations
Independence	Able to distance from unhealthy people and situations
Positive view of personal future	Confident of ability to achieve goals
Flexibility	Able to adjust to change and cope with situations
Love of learning	Has capacity for, and connection to, learning
Self motivation	Has internal initiative and positive motivation
Competence	I am “good at something”
Self worth/value	Has feelings of self-belief and confidence
Perseverance	Keeps on despite difficulty/not giving up
Creativity	Expresses self creatively through personal endeavour

# Helping Skills

# LISTENING SKILLS

## 1) Empathy

- capacity to understand the feeling of another person

## 2) Attentive

- Gives Time

## 3) Non-judgmental

- not condemning the patient for their mistakes/ deficiencies

## 4) Non-comparative

- not comparing the patient with others

**ATTENTION TO VERBAL & NON-VERBAL ASPECTS (OF SPEAKER & LISTENER!)**







# SUPPORTIVE SKILLS

- To support is to help carry someone's burden
- Advising people to try harder or pray harder is not the most supportive thing
- Everyone can learn to support

# TECHNIQUES (SKILLS) IN SUPPORTING

1. Listening
2. Genuine concern – for physical, spiritual, emotional and social well-being
3. Allow Emotional expression.
4. Problem-solving
5. Guidance and suggestions



# TECHNIQUES (SKILLS) IN SUPPORTING

6. Explanations

7. Pray with them

8. Instil realistic hope

9. Reassurance

- beware of false or premature reassurance





# Role play



# Group role play and discussion



# Questions.





# Thank you

To download the slide,

Please visit : [www.brainmindspecialist.com](http://www.brainmindspecialist.com)





# References

- 1) Workshop on mental health by Professor Dr T. Maniam , 2009
- 2) Guide to Effective Practice in Youth Mentoring New Zealand 2008