

“ Mentoring improves outcomes for young people across behavioural, social, economic and academic domains ”

You can help support a young person by becoming a mentor as part of Ladder’s free career education program, Ladder Step Up Latrobe Valley.

MEET LADDER

Ladder is the official charity of the AFL Players and provides a wide range of programs and opportunities for young people, designed to encourage and support them to gain confidence and develop their skills so they can get on track to a meaningful career.

WHAT IS LADDER STEP UP LATROBE VALLEY?

The Ladder Step Up Latrobe Valley program helps young people build on their strengths and explore different jobs and industries.

In the six-week program, young people will learn from those in the AFL industry about how to get the best out of themselves and secure a job that they aspire to. Young people will participate in individual and group development sessions, group camps, community projects and have work experience opportunities.

In addition to the support young people will receive from a Ladder Development Coach, they will also have the option to be mentored by someone who is a leader in their field.

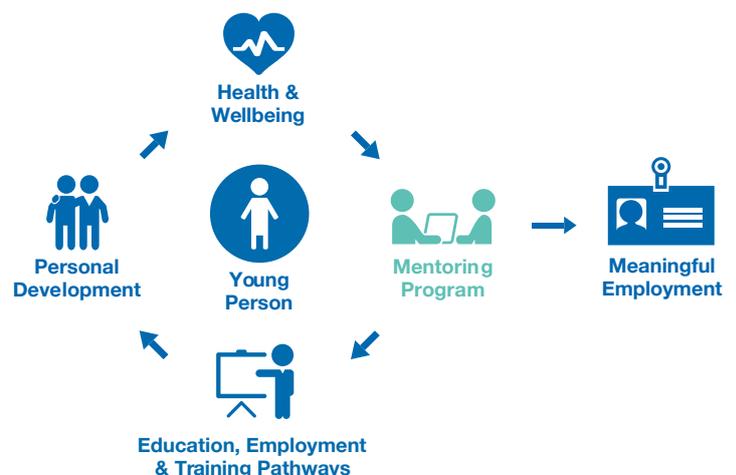
LADDER MENTORING

Mentoring helps young people to achieve their identified goals and advance their development in Ladder’s other program delivery areas.

Ladder is a leader in youth mentoring, delivering the only program in the world that solely utilises elite sportsmen and women (including AFL and AFLW players), community and corporate leaders as mentors.

As a mentor, you become a trusted support and advocate and motivate young people to achieve their goals.

All mentors must go through a screening, matching and training process to ensure that they are suitable and equipped to perform the role.



Young people in the Ladder Step Up Latrobe Valley program can receive individual or group mentoring.

INDIVIDUAL (ONE-TO-ONE)

- Involves supporting one young person to achieve their specific goal/s
- You will be professionally matched with a mentee based on your shared interests, skills and aspirations
- A mentoring relationship requires up to a 12-month commitment from both the mentor and mentee

GROUP

- Involves running a session (in your field of expertise) with a group of young people
- Is a less personal approach and provides young people with exposure to multiple levels of expertise and knowledge
- Requires less of a time commitment

THE BENEFITS OF LADDER MENTORING

MENTOR

- Further professional and personal development
- A sense of giving back to the community
- Being a role model and an advocate for a young person
- Understanding the challenges that young people face



MENTEE

- Improved self-esteem, confidence and enhanced sense of self
- Positive education and employment outcomes
- Better understanding of healthy relationships
- A positive role model in their life

WHAT YOU NEED TO KNOW

- Mentors will be recruited from within the Latrobe Valley community to ensure long-term relationships and sustainability of the outcomes achieved through the program.
- All successful applicants who advance to be a mentor receive structured training which outlines the requirements and expectations of the program. Young people who are participating in the program will also receive training.
- All mentors will receive ongoing support from Ladder. Ladder will also track the progress of the relationship and activity of both participants.

HOW DO I BECOME A MENTOR?

If you would like to become a Ladder mentor or would like to find out more, please get in touch with our National Mentoring Manager by calling 03 9416 0064 or emailing mentoring@ladder.org.au or visiting www.ladder.org.au/support-us/mentoring

REFERENCES

David L. DuBois, Nelson Portillo, Jean E. Rhodes, Naida Silverthorn, Jeffrey C. Valentine (2011). How Effective Are Mentoring Programs for Youth? A Systematic Assessment of the Evidence. *Psychological Science in the Public Interest*, Vol 12, Issue 2, pp. 57 - 91