

Youth Mentoring Program

Tasmania Mentee Information 2024

Program Description

Since its inception in 2006, MASP's Youth Mentoring program has had an impact on the lives of over 240 young people and 270 mentors. It is a 6-month youth mentoring program providing local youth experiencing difficulties with an opportunity to re-connect with education, employment, family, community and support to make positive life changing decisions.

The program recruits adults from the local community to provide mentoring and support to the young people participating, with a strong focus on the linking of disadvantaged young people to positive adult roles models. Training provided to the mentors ensures that the young people are receiving the maximum benefit possible from the program including –

- Social interaction through group physical training sessions;
- One-on-one sessions ensuring the achievement of extended social networks;
- Building of confidence, self-esteem and positive communication;
- Life skills and core values that will assist them in everyday life, their careers and relationships;
- Creating an environment that enables their full potential to be realised.

This year the program highlight is the trip to Tasmania with great opportunities to challenge ourselves trekking the rugged peaks, woodland and striking sections of rain forest. It is here that emotions are brought to the forefront, participants discover themselves and gain an insight into their inner strengths.

The Youth mentoring Program has had a positive influence on many of the young people who have participated in the program during the last 15 years, this has included but not limited to outcomes such as –

- returning to school,
- tertiary education,
- commencing training and / or employment,
- entering sustainable accommodation,
- improved physical & mental health,
- increased independent living skills,
- increased self-esteem, confidence and social skills.

Why Mentoring?

- Mentoring is a powerful form of human development. It is not a new concept and has been part of informal and formal development programs for some time.
- Mentoring involves a relationship between a Mentor and Mentee. Mentors are responsible for facilitating personal and social growth in their mentee by sharing the knowledge and insights that have been learned through the years.
- Mentoring offers opportunities for mentors and mentees to expand their leadership, interpersonal, and life skills.
- The process can be simple and natural and very sophisticated.



A Simple Definition of Mentoring

Simply put, mentoring aims to provide a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement.



More Information & Mentee Requirements

- Must be UNDER 18,
- Regular attendance at training and team building sessions,
- Must be physically and emotionally prepared to safely complete the Tasmania experience, Medical clearance,
- Training sessions begin March 2024
- Trek Dates: **21/09/2024 – 25/09/2024**
- Program and training will be delivered as Covid Safe in line with up to date directives given by the Department of Families Fairness and Housing (DFFH).

Contact Us

If you would like more information on the MASP Youth Mentoring Program, as a Mentor, Mentee or a Sponsor please contact **Program Coordinator Mark Jamieson** on the below details:

Email – mjamieson@masp.org.au

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Thank You

We thank our supporters and partners who have enabled us to continue our purpose and make a difference in the lives of as many people as possible.