

# The Mullany Fund

## e-Mentoring 1+1 project



### Who are we?

The Mullany Fund is a social mobility charity that aims to widen participation within life science professions by raising aspirations and attainment among young people from more disadvantaged backgrounds

### What is the 1+1 project about?

Our Big Lottery funded **1+1** project provides support for young people without the networks around them to make informed choices about education and career options. It targets young people aged 14-19 living in Swansea, Neath Port Talbot, Merthyr, Bridgend & Rhondda Cynon Taf.

### What are the benefits for the mentee?

As an e-Mentor on the project, you will use your personal experience, knowledge and skills to support mentees through online discussions and activities.

You will help mentees become aware of the range of life science related careers; the correct educational routes to achieving their aims; and inspire mentees to have the confidence and self-esteem to reach their goals.

### What are the benefits for the mentor?

Being an e-mentor helps you 'give something back' and supports your ongoing career development as it:

- develops interpersonal and coaching skills
- promotes self-reflection and increased awareness in developments in education and career pathways
- Increases graduate employability
- improves ability to develop relationships with people from diverse range of backgrounds.

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*'E-mentoring has increased my confidence by showing me anything is possible if you try and that anybody from any background is able to have the opportunity...'*

Mentee

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### WHAT IS INVOLVED?

- Signing up for an 8-10 week mentoring period & commit to mentoring up to 3 mentees
- Attend an online training session
- Provide an up to date copy of your DBS (enhanced check required)
- Log in to check messages at least once a week whenever is most convenient
- Complete an evaluation questionnaire
- We're also looking for professionals to appear on careers videos or present in local schools. Could this be you?!

### Get in touch

If you would like to know more about this project and what volunteering as an e-mentor involves, please contact:

[office@themullanyfund.org](mailto:office@themullanyfund.org)

Phone: 01792 606124

