

# Mentoring Essentials

GoSkills online course syllabus

Monday, September 15, 2025

**Skill level**

Beginner

**Lessons**

13

**Accredited by**

CPD

**Pre-requisites**

None

**Video duration**

50m

**Estimated study time**

6h for all materials

**Instructor**

Dan Gorgone

## Understanding Mentoring

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1

### Introduction to Mentoring

Introducing the concept of mentoring and exploring its significance for business and professional development.

2

### Different Types of Mentoring

A look at traditional, reverse, group, peer, and e-mentoring.

## Setting Up a Mentoring Relationship

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3

### Finding the Right Mentor or Mentee

A discussion of what makes a mentor or mentee the right fit for you.

4

### Establishing Clear Expectations

Start a mentoring relationship off right by defining goals and responsibilities, and setting expectations.

## Essential Mentoring Skills

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5

### Active Listening

This skill is essential for mentoring relationships to ensure proper communication and understanding.

6

### Empathy and Understanding

A discussion of skills that build trust, facilitate open communication, and encourage personal and professional growth.

# 7

## Providing Constructive Feedback

Tips on how to provide feedback to help others improve performance and foster a positive learning environment.

# Challenges in Mentoring

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# 8

## Encouraging Independence and Growth

How to ensure your mentee builds essential skills for growth as well as self-confidence and independence.

# 9

## Navigating Difficult Conversations

Skills and techniques to consider when a mentoring relationship faces a challenging topic or hurdle.

# Advanced Mentoring Strategies

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# 10

## Remote Mentoring

Tips to ensure the success of a mentoring relationship when you're paired with someone you'll primarily interact with online.

# 11

## Group and Peer Mentoring

Exploring mentoring relationships that involve groups and the benefits they can bring.

# 12

## Ending the Mentoring Relationship

Every mentoring relationship has a natural endpoint, so we'll discuss ways to move forward in a positive way.

# 13

## Establishing a Mentoring Program

If your company is interested in establishing a mentoring program, these ideas will help provide a strong foundation.

[Go to GoSkills.com](https://www.goskills.com)