



Sept 2025 Newsletter

Welcome to The Youth Mentoring Lab's monthly training newsletter, where we share up and coming training and the latest insights from our evidence-based practice.

Youth Mentoring has evolved far beyond the traditional view of simply being a caring, non-judgmental adult presence in a young person's life.

A Youth Mentors approach should recognise that while empathy and youth-focused attitudes remain foundational, they must be complemented by rigorous professional standards that ensure mentors can identify developmental needs, apply growth mindsets, engage in perspective-taking, maintain self-awareness, and demonstrate the tenacity required to remove barriers to young people's progression and create lasting positive change in their lives.

Learn from the experts

Absorb knowledge directly from Elaine Thomas, trainer and founder of The Mentoring Lab Community with 25 years of youth mentoring experience.

From frontline practice to organisational leadership, Elaine brings unmatched Youth Mentoring knowledge, techniques and expertise to every course.

What our training offers

- ✔ Professional Recognition - CPD accredited certifications employers value
- ✔ Affordable Payment Options - Quality training that doesn't break your budget
- ✔ Help into Work - Direct pathways into the youth mentoring across sectors
- ✔ Bite-Size After Work Courses - Perfect for busy people
- ✔ Training Solutions - Upskill on your own or with your entire organisation
- ✔ 0% Finance Monthly Payment Plans - Spread the cost over 6 months.



Community Interest Companies and Charities (under £75k turnover)

We train organisations and professionals from across the education, social care, youth, criminal justice housing and private sector, in the UK, Europe, Africa and the Caribbean.

Reflect 💡 **Explore** 💡 **Reframe** 💡 **Develop**



Past trainees have come from

🔍 [Click to ask a question](#)

📞 [Click to book a call](#)



This is not an exhausted list of trainees

We are committed to delivering training that gives youth practitioners and volunteers the skills to provide safe spaces where young people can...

Reflect 💡 **Explore** 💡 **Reframe** 💡 **Develop**



[? Click to ask a question](#)

[📞 Click to book a call](#)

Upcoming Youth Mentoring Training

Starts
5
September

Youth Mentor Academy | Training to Employment

Mon, Wed, Thurs | 6:00 PM - 9:00 PM
Online | Tutor Led | includes self study

[CLICK HERE](#)

Starts
3
October

Youth Mentoring in Practice

9:00 AM - 2:00 PM
Online | Tutor Led | 2 day training

[CLICK HERE](#)

Starts
17
October

Introduction to Youth Mentoring

10:00 AM - 4:00 PM
Online | Tutor Led | 1 day training

[CLICK HERE](#)

Starts
14
November

Youth Mentoring in Children's Residential Homes

9:00 AM - 5:00 PM
Online | Tutor Led | 6 day training

[CLICK HERE](#)



Community Interest Companies and Charities (under £75k turnover)

Our training is evidence-based and informs our trauma-informed and anti-racist Youth Mentoring approaches, ensuring we can offer high-quality mentoring to the most marginalised youth.

Explore the global research, studies and theories related to Youth Mentoring.



Research

An Ethnographic Study of Youth Unemployment

[CLICK HERE](#)

Friendship as a method' in youth mentoring

[CLICK HERE](#)

Get Involved



CareerXplore Online Saturday School

(on the Mentoring For Youth Digital Youth Mentoring platform)

Starts: Saturday 8th Nov 2025

Where: www.mentoringforyouth.com

Corporate Volunteer Sign Up

[CLICK HERE](#)



The Mentoring Lab Community C.I.C Annual Impact Review

(Neighbour Based, Community-Led Youth Mentoring)

When: Sat 18th October 2025

Where: Homerton, Hackney

Time: 2.30pm - 4.30pm

[CLICK HERE](#)

[? Click to ask a question](#)

[📞 Click to book a call](#)

The Youth Mentoring Directory


Develop Me

Develop Me is a mentoring programme with Birmingham Children's Trust that supports young people in care and care leavers, aged 16-25.

Want to join? Get in touch.

 mentoring@birminghamchildrenstrust.co.uk

 www.birminghamchildrenstrust.o.uk

 01213031888


[CLICK HERE](#)

Mentoring For Youth

Mentoring For Youth is The Mentoring Lab's new digital Youth Mentoring service, providing free and affordable Youth Mentoring to help young people from all over the world make progress and achieve.

Join as a Youth Mentor or sign up as a mentee.

 admin@mentoringforyouth.com

 07412640174

 @mentoringforyouth

 www.mentoringforyouth.com

[CLICK HERE](#)

Start Young UK

Founded by Angela Caroo MBE, Start Young UK has a passionate team of educators, mentors, and community leaders dedicated to empowering young people reach their full potential.

Want to join? Get in touch.

 team@startyounguk.com

 07946369885

 www.startyounguk.com

[CLICK HERE](#)

YOUTH MENTORING Tool Kit



Packed with over 20 mentoring activities, coaching tools and leadership models, the Youth Mentoring Tool Kit has been transforming youth mentoring relationships across the UK since 2017.

Now in its 3rd Edition, the Tool Kit is perfect for youth practitioners, volunteers, caregivers and teachers. It provides evidence-based tools and structured activities to guide meaningful conversations and life changing goal setting.

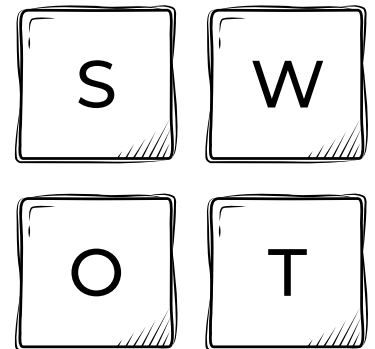
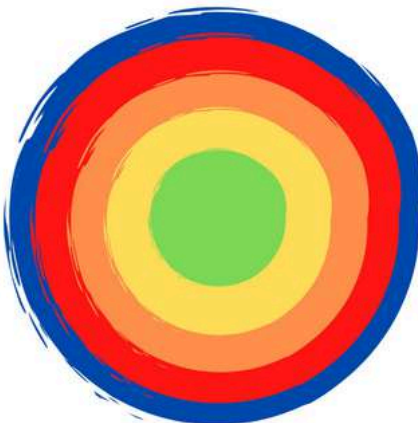
Get your copy today.

[CLICK HERE](#)

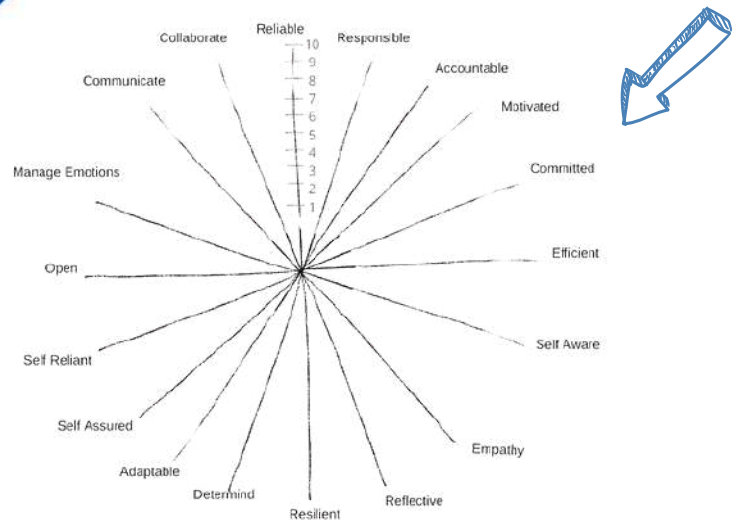
YOUR PERSONAL NETWORK

How to use this tool

1. Look at the meaning of each coloured zone.
2. Think of the people in your life
3. Using their initials, place them in the correct zone
4. Reflect on, and explore, how you can reduce any barriers to your progression that may be impacted by the people who fall in the orange, red and blue zones.



- Friends and family you feel safe around and can trust
- Friends and family that give good advice and you can sometimes share feelings
- Friends and family you can not share feelings with, they are just there for friendliness and fun times
- Friends and family you can not trust and negatively impact your behaviour
- Friends and family that have a negative effect on your mood makes you feel sad, anxious or nervous.



[? Click to ask a question](#)

[☎ Click to book a call](#)





Community Interest Companies and Charities (under £75k turnover)

Learn more about our range of Youth Mentoring qualifications and CPD Certified courses.



CLICK HERE

List of Training

 [Click to ask a question](#)
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Explore our range of certified courses for new and existing practitioners working in the education, social care, health, private or community sectors.



Youth Mentor Academy

 [LEARN MORE](#)



Peer Mentoring

 [LEARN MORE](#)



Introduction to Youth Mentoring

 [LEARN MORE](#)



The Complete Youth Mentors Kit

 [LEARN MORE](#)



Mentoring Vulnerable Adults

 [LEARN MORE](#)



Mentoring in Children's Homes

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Youth Mentoring in Practice

 [LEARN MORE](#)



Community Interest Companies and Charities (under £75k turnover)

MENTORING For Youth.Com



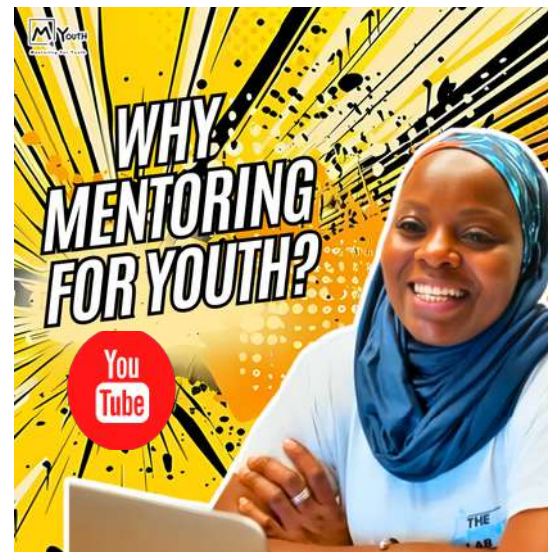
Join our global community of Youth Mentors!

With access to Youth Mentoring training, resources and ongoing support you'll be connected with youth aged 14-18, living around the world, who most need guidance to navigate life's ups and downs.

Why Join?

[CLICK HERE](#)

- ✓ Build Your Own Mentee Community
- ✓ Offer One to One and Group Mentoring
- ✓ Access Youth Mentoring Training
- ✓ Ready Made Mentoring frameworks
- ✓ Volunteering and Paid Opportunities
- ✓ Receive Ongoing Support
- ✓ Professional Recognition and Growth



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[!\[\]\(e1c624d4757f08486e89482c18364c17_img.jpg\) Click to book a call](#)

Whether volunteer or expert, we'll equip you to help you create meaningful, lasting change.

Sign up to start your Youth Mentoring journey today.

[CLICK HERE](#)

We are serious about Youth Mentoring and have created a range of ready-to-use mentoring tools and techniques.



Freebies

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[📞 Click to book a call](#)

Our youth mentors strategically use the below tools during the mentoring relationship.

As a gift you can download them for free!



Personal Network Tool

Download



Wheel of Qualities

Download




Buy Full Version

Click to buy the Youth Mentoring Tool Kit

CLICK HERE

Contact Us

 [Click to ask a question](#)

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CONTACT OUR TEAM

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training@thementoringlab.co.uk

FIND US ONLINE

www.thementoringlab.co.uk

    @thementoringlab