

Mar 2026 Newsletter

In Our Darkest Hour, We Choose to Be the Light

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.

We live in uncertain times.

Times when the news cycle delivers daily reminders of conflict, division, and injustice. Times when the foundations of equity and equality that previous generations fought to build feel increasingly fragile. Times when young people watching the world unfold around them might reasonably ask "What kind of future do I have?"

These are precisely the times when youth mentoring becomes not just valuable, but essential.

Unmatched Knowledge. Accessible Essential Training

More than just tick box training. Our trainers are practising mentors working in schools, the criminal justice system, the business. As such, we've made our CPD accredited Youth Mentoring training accessible to all, including not-for-profit and voluntary organisations working with young people from underserved, marginalised backgrounds and those very communities most vulnerable.

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.

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](#)

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University of Hertfordshire **UH**



Play, Adventure & Community Enrichment



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...

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[? Click to ask a question](#)

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Upcoming Youth Mentoring Training

Starts
3rd
Apr

Complete Youth Mentors Tool Kit

Fridays, 10am-2pm

Online | Tutor Led | includes self study

[CLICK HERE](#)

Starts
27th
March

Youth Mentoring Academy

Wednesday (PM) + Fridays

Online | Tutor Led | Practical

[CLICK HERE](#)

Available Now

Sports Based Youth Mentoring

Face to Face | Tutor Led | 8 hours training

[CLICK HERE](#)

Available Now

Youth Mentoring Essentials

Self Paced | E learning | 2 hours training

[CLICK HERE](#)

Coming Soon

Introduction to Youth Mentoring

Self Paced | E learning | 6 hours 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



Friendship as a 'method' in youth mentoring

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[!\[\]\(aa53ad6fea213b8b2226d3077e30533a_img.jpg\) Click to book a call](#)

[CLICK HERE](#)

[CLICK HERE](#)

Blogs



How to be a light in dark times

Today's young people are coming of age in a world that often feels overwhelming. How can we help?

[CLICK HERE](#)



Youth Mentoring in Youth Clubs

How to provide meaningful Youth Mentoring to the young people who need it, when you're working with just 5 to 30 minutes per conversation.

[CLICK HERE](#)



Creating a Whole School Mentoring Culture A Guide for Schools

Mentoring in schools should be a whole school culture. And building that culture requires understanding that mentoring can look and feel different to each mentee, but still work effectively and seamlessly to improve outcomes.

[CLICK HERE](#)

The Youth Mentoring Directory


Empowering The Youth

Based in Northampton, Empowering the Youth Foundation is dedicated to providing support, guidance, and opportunities to our youth.

Get in touch.

 info@etyfoundation.co.uk

 www.etyfoundation.co.uk

 07727867862

[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.

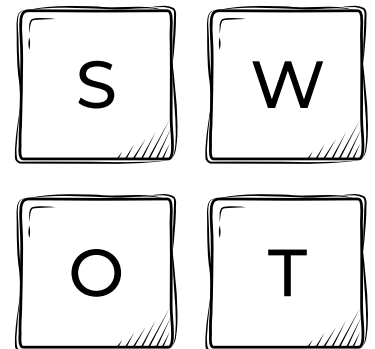
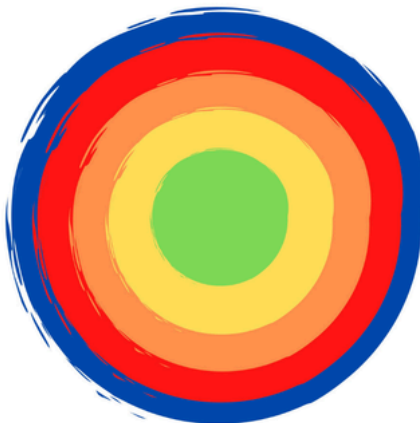
Get your copy today.

[CLICK HERE](#)

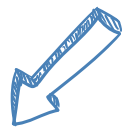
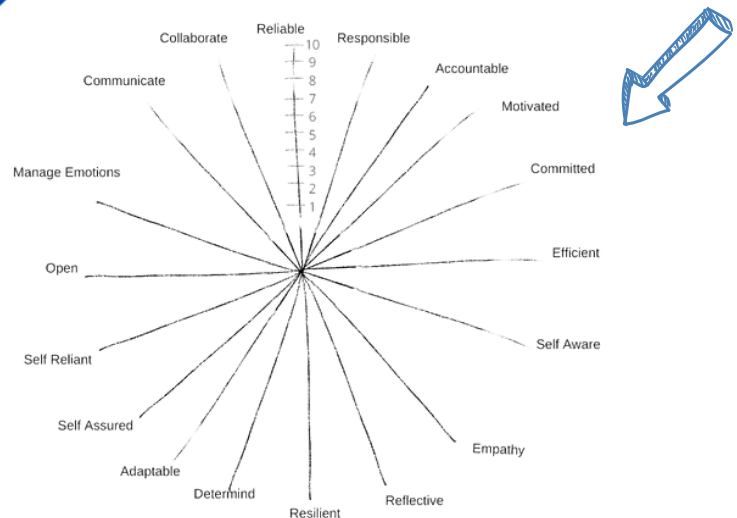
YOUR PERSONAL NETWORK

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 Accredited courses.



CLICK HERE

List of Training

 [Click to ask a question](#)
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Explore our range of accredited 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](#)



Sports Based Youth Mentoring

 [LEARN MORE](#)



Mentoring Vulnerable People

 [LEARN MORE](#)



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 12-21, 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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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](#)

 [Click to book a call](#)



CONTACT OUR TEAM

02081588500 or 07412640174
training@thementoringlab.co.uk

FIND US ONLINE

www.thementoringlab.co.uk



@thementoringlab

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

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New Training

Starts
14
November

Youth Mentoring in Children's Residential Homes

9:00 AM - 5:00 PM

Online | Tutor Led | 6 Day training

[CLICK HERE](#)

This training equips children's residential care staff with practical skills to integrate youth mentoring within their key working role.

We provide essential mentoring skills that supports vulnerable care experienced youth in improving wellbeing, personal and career prospects.

Aligns with Ofsted Standards | Youth Mentoring Tool Kit included

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