

Outreach Youth Mentoring

School Programmes & Outreach Services Overview

A Black-led youth mentoring service delivering outcomes-focused mentoring programmes that provide safe spaces for young people to reflect, explore, reframe and develop the tools to succeed — in school and in life.

25+

Years of Experience

7

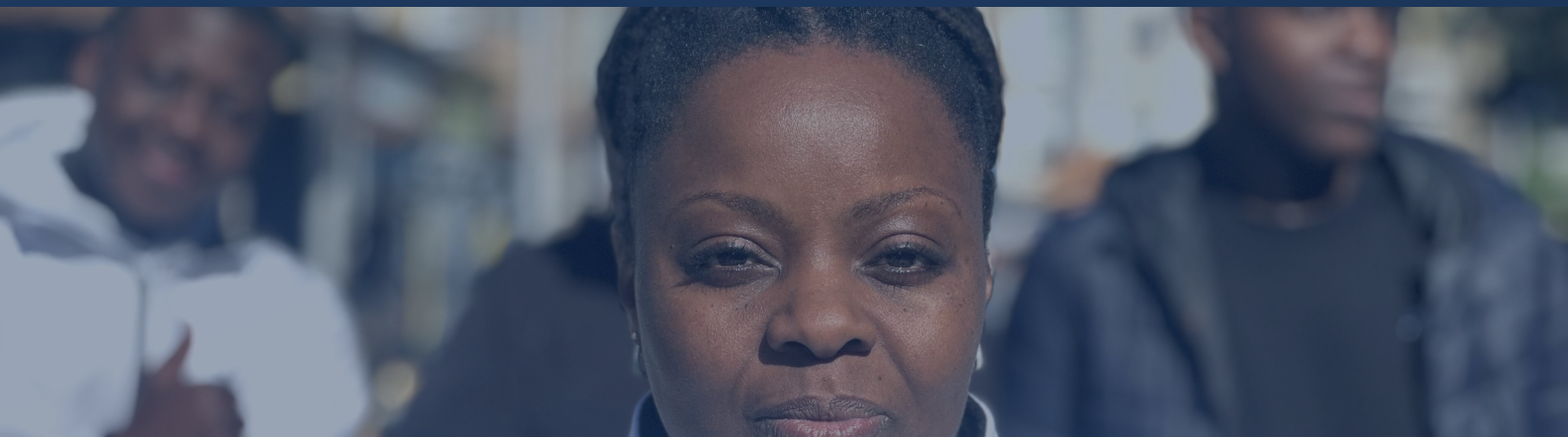
School Programmes

7,500

Lives Impacted

1:1

& Group Delivery



About The Mentoring Lab

A trusted, equity-centred youth mentoring service with a proven track record of making a real and lasting difference in young people's lives.

WHO WE ARE

The Mentoring Lab is a Black-led youth mentoring service offering outcomes-focused 1:1 and group mentoring to schools, local authorities and community organisations. Our youth mentors are drawn from a range of Global Majority backgrounds and are trained to create safe, culturally competent mentoring spaces where young people can grow.

Founded by Elaine Isadora Thomas, The Mentoring Lab was born from a deep conviction that every young person — regardless of background, circumstance or challenge — deserves access to a trusted adult who believes in their potential and has the tools to help them realise it.

We work across Hackney, Hertfordshire, Greenwich, Thurrock and Waltham Forest, partnering with schools, pastoral teams and local authorities to deliver mentoring that directly supports school improvement priorities and transforms young lives.

OUR APPROACH

01
STEP

REFLECT

Young people take an honest look at where they are — their values, feelings, experiences and the patterns shaping their lives.

02
STEP

EXPLORE

With their mentor, they explore their strengths, barriers, relationships and the areas of their life where growth and change are possible.

03
STEP

REFRAME

Challenges are repositioned as opportunities — shifting mindset, building resilience and replacing limiting beliefs with new ways of thinking.

04
STEP

DEVELOP

Young people build the practical tools, skills and confidence to take action, make progress and sustain positive change over time.

500+

YOUNG PEOPLE
SUPPORTED
ANNUALLY

5+

LOCAL AUTHORITY
PARTNERS

WHAT WE HELP SCHOOLS ACHIEVE

- ✓ Improve attendance and reduce persistent absenteeism
- ✓ Reduce fixed-term and permanent exclusions
- ✓ Improve mental fitness and emotional wellbeing
- ✓ Raise attainment and aspirations
- ✓ Support EHC Plans and SEND provision
- ✓ Prevent risky behaviours and exploitation
- ✓ Prevent NEET post-16

QUALITY & SAFEGUARDING

- ✓ Robust QA framework and regular observations
- ✓ Fortnightly mentoring supervision
- ✓ DBS checked, trained practitioners
- ✓ Designated Safeguarding Lead liaison
- ✓ Pre/post outcome data and end-of-programme reports

Meet Elaine Isadora Thomas

Founder & CEO of The Mentoring Lab · Author of the Youth Mentoring Tool Kit · 25+ years in youth and community engagement



Elaine Isadora Thomas
FOUNDER & CEO

QUALIFICATIONS

- ✓ Level 7 Executive Coaching & Mentoring (CMI)
- ✓ PRINCE2 Registered Practitioner
- ✓ ILM Level 3 Coaching in the Workplace
- ✓ Level 3 Assessing Vocational Achievement
- ✓ UX Diploma, UX Design Institute
- ✓ BSc Hons Social Research & Caribbean Studies
- ✓ Designated Safeguarding Lead
- ✓ Mental Health First Aider

PROFESSIONAL BACKGROUND

Elaine Isadora Thomas is a Youth and Community Engagement Specialist with over 25 years' experience delivering cultural, corporate and community programmes. As the Founder and CEO of The Mentoring Lab and author of the acclaimed *Youth Mentoring Tool Kit*, she has dedicated her career to creating transformative spaces where young people feel heard, understood and valued.

With a deep understanding of the nuances found across cultures, races and regions, Elaine brings a consultative, Participatory Action approach to every engagement. She is a creative at heart — process-driven, strategically grounded, and committed to delivering services that exceed expectations. Her work spans mentoring, coaching, community development, event management and policy, with extensive experience across the social care, education, criminal justice and voluntary sectors.

Elaine currently serves as Peer Mentor Programme Coordinator, creating accessible and culturally responsive spaces for people on probation. She has held senior roles at Futureversity, 2nd Chance Education and NACRO, and has built strategic partnerships with the Metropolitan Police, NHS, local authorities and national bodies including Barnardo's SEEN and the All-Party Parliamentary Group on Mentoring.

RECOGNITION & PROFESSIONAL INVOLVEMENT

- ★ Met Police Community Reference Group — Outstanding Community Engagement Award
- ★ Black British Muslim Community Award — Nominee 2025
- ★ Love Hackney Community Group of the Year — Nominee 2025
- ★ MOPAC 18–25 Advisory Board (2023–2024) — Strategic community safety advisor
- ★ National Police Association Race Action Plan — Committee Member
- ★ All-Party Parliamentary Group on Mentoring — Community Partner & Policy Advisor
- ★ Metropolitan University — Executive Committee, Journal of Crime and Justice
- ★ Barnardo's SEEN — Community Partner for service quality and development

ADDITIONAL TRAINING & EXPERTISE

Level 3 First Aid at Work · Risk Assessment · Emergency Planning & Response · Neurodivergence & SEND · Psychology of Behaviour Change · Adverse Childhood Experiences · Teaching Citizenship in Urban Contexts

7 Targeted 6-Session Programmes

Each programme is a standalone, school-ready package of 6 weekly 1:1 mentoring sessions, delivered on-site and directly mapped to your School Improvement Plan priorities.

PROGRAMME 01

Show Up

Attendance & Punctuality — tackling chronic absenteeism and building the habits to attend consistently.

PROGRAMME 02

Keep Cool

Behaviour & Self-Regulation — understanding triggers, managing emotions and reducing exclusions.

PROGRAMME 03

Level Up

Attainment & Attitude to Learning — shifting mindset and building the habits to engage and achieve.

PROGRAMME 04

Future Me

Post-16 Readiness & NEET Prevention — exploring options, building a plan and reducing risk of NEET.

PROGRAMME 05

Mind Matters

Mental Fitness & Wellbeing — building emotional resilience and a practical wellbeing toolkit for life.

PROGRAMME 06

Own It

Emotions, Behaviour & Relationships — tools to manage emotions and build better relationships in and out of class.

PROGRAMME 07

We Are

Diversity, Identity & Belonging — exploring identity, intercultural relationships and the power of accepting difference.

EVERY PROGRAMME INCLUDES

- ✓ 6 weekly 1:1 sessions of 45–60 minutes
- ✓ On-site delivery by a trained practitioner
- ✓ Guided by the Youth Mentoring Tool Kit
- ✓ Pre and post outcome measurement
- ✓ Weekly session notes & pastoral briefings
- ✓ End-of-programme impact report
- ✓ DSL liaison and safeguarding compliance
- ✓ Mapped to your School Improvement Plan



THE YOUTH MENTORING TOOL KIT

Every session is guided by our award-winning **Youth Mentoring Tool Kit** — evidence-based tools drawn from mentoring, coaching and psychology that structure conversation and build self-awareness session by session.

Covering values, identity, goal-setting, emotional regulation, personal networks and careers — a structured journey from the first session to the last.

Ready to bring a programme to your school?

Contact us to discuss your cohort, priorities and timelines. We'll match you with the right programme and practitioner — and handle the rest.

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www.thementoringlab.co.uk

@thementoringlab

Trusted By Schools, Authorities & Families

Over 25 years of delivery. Over 7,500 lives impacted. Here is a snapshot of the organisations and communities we have been proud to serve.



WHO WE WORK WITH

The Mentoring Lab has delivered outreach, mentoring and training across a wide range of organisations — from inner-city secondary schools and pupil referral units to local authorities, NHS trusts, charities and corporate partners.

Our reach spans schools including Rockmount Primary, Wixams Academy and Trinity College London; charities including Barnardo's, Action4Youth, the Diana Award and Dallaglio RugbyWorks; and borough partnerships across Hackney, Barnet, Pimlico and beyond.

Whether supporting a Year 10 cohort at risk of exclusion or training a team of youth practitioners, we bring the same rigour, cultural competence and care to every partnership.

WHAT PEOPLE SAY

"The patience, the genuine desire to see young people achieve. Best service for NEET and those at risk. Will continue to use them as much as our budget allows."

★★★★★ School Pastoral Lead · Trustpilot

"Challenging, eye opening and inspiring. If you are planning a mentoring programme, do this training. Elaine shared great tools for working with young people from marginalised backgrounds."

★★★★★ Training Delegate · Trustpilot

"This woman helped my daughter get into aviation. My teenager who totally disengaged from me engaged 100% with Elaine."

★★★★★ Parent · Trustpilot

"Very capable of engaging a large group of young people from two different estates with varying demographics and a history of anti-social behaviour — working under minimal supervision."

★★★★★ Local Authority Commissioner · Google Reviews

"The Mentoring Lab delivered a fantastic, informative and engaging session. Elaine led us through with great knowledge, tools and genuine insight."

★★★★★ Youth Practitioner · Google Reviews

"The mentoring toolkit is the USP of TML — a great resource for managing challenging situations. I highly recommend TML."

★★★★★ Parent · Trustpilot

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