



MENTORING



WHO ARE WE?

Lifespace is a charity that provides confidential, one-to-one mentoring support for young people aged 7 to 19.

WHAT IS MENTORING?

Mentoring focuses on what you would like life to be like or what you would like to be different.

Mentors help you to identify what's getting in the way and help you to develop the skills and strategies to feel better about yourself.

"Without Lifespace I wouldn't be who I am today, I am more resilient, more confident and overall a much happier person."

Ellie, 18

WHERE DOES MENTORING TAKE PLACE?

Lifespace provides regular sessions during term time in schools across South Warwickshire.

We also mentor throughout the year from our central base in Stratford upon Avon.



WHAT CAN YOU EXPECT?

You will meet one of our mentors who are trained to help you understand and tackle difficulties in your daily life such as low self-esteem, family issues or anxiety.

Our mentors are friendly, non-judgemental and will work at your pace.

Sessions are normally 30-45 mins a week for around 6 weeks. We can extend this where needed.



FOR MORE INFO

visit our website or drop us a message to find out more.

HOW DO I GET IN TOUCH?



01789 297400



hello@lifespace.org.uk



www.lifespace.org.uk

@lifespacetrust

FAQS

Many of our sessions, including community mentoring, are funded. This means they are **free** to young people.

Our mentoring service is **confidential**.

We do not share details with teachers and parents unless there is a safeguarding concern.

“It’s good being able to have someone who will listen to me without judging me”
Kyle, 13

