

Are you an individual employer? Are you a personal assistant?
Could you benefit from

Coaching and Mentoring



listen encourage support

This leaflet is for people who employ personal assistants and for personal assistants. It explains how you can get support from a coach or mentor and how you get involved to become one yourself.

What is Coaching and Mentoring?

Coaching is when someone with a formal role gives another person direct information and advice based on their own knowledge and experience.

The coach is there to guide and teach in order for the person to gain understanding on what decisions to make or what process to follow to assist in achieving desired goals.

Coaches and mentors are trained volunteers who offer their support for a fixed period of time which is mutually agreed between the coach or mentor and the person who is requiring advice.

Mentoring is when someone supports another person to think through their options or work through an agreed process based on a shared experience.

The mentor is there to guide by sharing experiences and offer encouragement to assist and inform any actions in an honest and objective way.

Benefits of Coaching and Mentoring

Include

- promoting choice, autonomy and independence
- Receiving advice and guidance to help you work out what you'd like to do
- Talking through options with someone to make the right choices
- Working with and learning from experienced individual employers or personal assistants
- Getting support from people who share similar experiences and who are committed, reliable and flexible
- An inclusive and accessible experience which is non judgemental and personal to

Is it for you?

We are looking for experienced individual employers and personal assistants who want to share their knowledge and experience around employing PAs or working as a PA with others who look for personal support and guidance. Free training for coaches and mentors will be provided.

This service is for individual employers and personal assistants who think they might benefit from advice and support from someone who has direct experience themselves and is familiar with various aspects of employing personal assistants or working as a personal assistant.

How do I find out more?

contact Disability Sheffield the Centre for Independent Living



Phone: 0114 253 6750



Email: mentoring@disabilitysheffield.org.uk



Web: www.disabilitysheffield.org.uk