



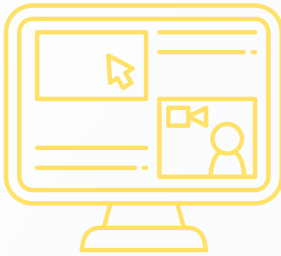
# **SPECIALIST MENTORING**

*Foundational*



# CONTENTS

<b>COURSE FOUNDATION</b>	<b>1</b>
<b>COURSE SIGN-UP</b>	<b>2</b>
<b>COURSE DESCRIPTION</b>	<b>3</b>
<b>COURSE TOPICS</b>	<b>4</b>
<b>COURSE LEARNING OBJECTIVES</b>	<b>5</b>
<b>WHO IS THIS COURSE FOR?</b>	<b>6</b>
<b>FREQUENTLY ASKED QUESTIONS</b>	<b>7</b>
<b>PROGRAM MANAGEMENT TRAINING SERIES</b>	<b>8</b>
<b>CONTACT US</b>	<b>9</b>



# COURSE FOUNDATION

*Our mission is to respond to God's call by serving those who suffer the consequences of poverty, such as emotional strain, social isolation, and limited access to opportunities. We believe that offering a mentor to individuals in vulnerable situations can be a transformative step toward healing, empowerment, and long-term wellbeing.*

## WHO ARE WE?

Nicodemus exists to equip churches and community projects with resources that train initiative leaders, mentors, and volunteers who serve individuals, including vulnerable and at-risk people, through mentoring relationships that foster and inspire positive and lasting outcomes.

---

The foundation of our resources lies in the shared knowledge and experiences of vulnerable young people and individuals in the UK and Guatemala who have lived on the streets, spent their childhoods in child protection homes, and now live in marginalised communities alongside others who face various struggles such as cycles of violence, generational poverty, and mental health challenges.

---

These individuals are breaking their cycle of vulnerability and becoming community leaders and mentors themselves. They are shaping and inspiring the development of our resources using their life experiences as the major driving force behind the creation of our training courses.



## **COURSE SIGN-UP**

**1**

**[CLICK HERE TO REGISTER YOUR  
OFFER CODE OR TO REQUEST  
A FREE OFFER CODE](#)**

**ONE FREE COPY  
OF OUR COURSE  
FOR EVALUATION**

***[www.nicodemustraining.org/free-foundational-specialist-mentoring](http://www.nicodemustraining.org/free-foundational-specialist-mentoring)***

**Your Church or Community Project is invited to nominate one person who has a passion for supporting vulnerable individuals and would benefit from evaluating our Foundational Specialist Mentoring course for free, ahead of potentially making group purchases for your team.**

**2**

**[CLICK HERE TO VIEW PURCHASE  
OPTIONS FOR YOUR TEAM](#)**

**TRAIN YOUR  
TEAM - £69  
PER PERSON**

***[www.nicodemustraining.org/foundationalspecialistmentoring](http://www.nicodemustraining.org/foundationalspecialistmentoring)***

**If your Church or Community Project would then like to consider acquiring our Foundational Specialist Mentoring course for more people on your team, please navigate to our course purchase page.**



## COURSE DESCRIPTION

### Foundational Specialist Mentoring



8 Training videos / 156 minutes total



5 Participant guides & glossary of key terms



Watch online training videos at your own pace

This mentor training course will broaden your knowledge and awareness of mental health and social issues so you can better understand the key issues facing individuals in your church and community. Drawing upon effective mentoring and coaching techniques, it will equip you with the practical tools you need to be able to strengthen discipleship relationships and cultivate effective and trusting connections with your mentees - ultimately improving the longer-term opportunities for young people and adults.

Mentoring is needed now more than ever. In this time where poverty and mental health has surged, at-risk individuals suffer from a lack of emotional and relational support. This leaves them even more vulnerable to adverse issues including abuse, addiction, homelessness and exploitation.

Mentors can play a valuable role in the lives of vulnerable individuals and those seeking positive personal growth. This mentor training course will support you to create safe and trusting relationships based on our hope in the Gospel: to become a positive support and role model for mentees, empowering them to realise and achieve their potential, so they can go on to bring about change in their lives and others.





## **COURSE TOPICS**

This series of Specialist Mentoring will eventually be structured in three courses. Together with Foundational Specialist Mentoring, we will have the following three courses:

- 1) Foundational Specialist Mentoring**
- 2) Intermediate Specialist Mentoring**
- 3) Advanced Specialist Mentoring**

### **FOUNDATIONAL SPECIALIST MENTORING**

**INTRODUCTION TO MENTORING**

**INITIATING A MENTORING RELATIONSHIP**

**BUILDING TRUSTING RELATIONSHIPS, PARTS 1+2**

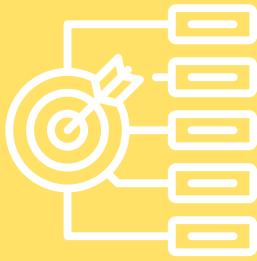
**QUALITIES AND SKILLS OF A MENTOR, PARTS 1+2**

**STAGES IN THE MENTORING RELATIONSHIP, PARTS 1+2**

**3 RECONSTRUCTION VIDEOS**

**10 QUESTION MULTIPLE-CHOICE TEST**

**[CLICK HERE FOR ADDITIONAL  
FREE AND PURCHASABLE  
RESOURCES FOR MENTORING](http://www.nicodemustraining.org/mentoring-resources)**



# COURSE LEARNING OBJECTIVES

Upon completing this course, each participant will be able to:

## 1 DEFINE MENTORING

Define mentoring in the context of your community, drawing from example definitions and best practices.

## 2 EFFECTIVELY INITIATE A MENTORING RELATIONSHIP

Learn how to effectively begin a mentoring relationship by first building rapport through a relational approach, before addressing deeper topics or behavioural issues.

## 3 DEVELOP CORE MENTORING SKILLS AND QUALITIES

Explore the characteristics of effective mentors, including key communication skills (verbal and non-verbal) and reflective practice.

## 4 ESTABLISH AND NAVIGATE THE MENTORING RELATIONSHIP

Learn the four stages of mentoring—preparation, initiation, growth, and redefinition—and how to apply them effectively.

## 5 BUILD AND CULTIVATE TRUST IN MENTORING

Apply strategies and relational competencies (credibility, reliability, intimacy, self-orientation) to build trust and strengthen mentor-mentee relationships.



## WHO IS THIS COURSE FOR?

This course is designed for anyone involved in churches or community-based projects who want to make a meaningful impact in the lives of others through one-to-one mentoring. It is especially useful for church leaders, youth workers, pastoral teams, volunteers, and members of community outreach initiatives. **Whether you're running a youth club, a sports outreach, a foodbank, a drop-in centre for those experiencing homelessness, or any project that serves marginalised and at-risk individuals, this course will provide you with the tools to build intentional, transformational relationships through mentoring.**

It's also for churches and organisations looking to start new mentoring initiatives. Whether you're just beginning to explore how mentoring could become part of your mission, or you're looking to train and equip a new team, this course will give you the foundations and confidence to get started.

**This course will also strengthen relationships within existing discipleship settings in the church, helping to deepen spiritual growth and personal transformation.** It will also equip churches to engage in evangelism—not only by sharing the gospel in words but also by initiating and strengthening relational connections with those outside the church. This is powerful because it enables the church to build trust and presence in the wider community through consistent, caring, and intentional mentoring relationships.







## FREQUENTLY ASKED QUESTIONS

### **How much learning time is required from me?**

This course will take approximately 16 hours to complete.

### **How long will I have to compete the course?**

You can complete the course at your own pace, as long as you complete it within one year of purchase. Upon completion of the course, you will receive a certificate.

### **What methods of learning are used?**

The course consists of 8 online training videos, 3 reconstruction videos and 5 participant guides with associated resources and activities for you to work through and complete. You will also be invited to attend optional online and in-house group workshops to further your learning.

### **How will I be examined?**

To complete this course, you are advised to watch the training videos and complete the participant guides in the recommended order that is outlined within the guides. At the end of the course, you will be asked to complete a multiple-choice assessment, of which you would be required to achieve 70% in order to pass successfully and obtain your certificate. If you were to be unsuccessful, you would be offered the opportunity to retake.

### **Are the techniques in this course applicable to helping people grow within my church?**

Everyone needs some form of mentoring to grow in their lifestyle, faith, and decision-making. This course focuses on building trust within mentoring relationships — a key foundation whether someone is seeking personal growth or facing challenges such as mental health struggles, emotional needs, vulnerability, poverty, or unhelpful habits. These tools are designed to support individuals at all stages of life and faith both within your church and community.

### **Who is the course led by?**

The course is led by our CEO, Jonnie Welford; our Latin America Training Manager, Kim Welford; and our Delivery and Development Manager, Sophia Lipska. You can read more about their backgrounds on our 'About' page on our website.



# PROGRAM MANAGEMENT TRAINING SERIES

Priced at £25 or £35 per person, each of our four Project Management short courses includes 5–6 concise training videos, with a total viewing time of 40–45 minutes per course. Designed specifically for community programme managers, these courses aim to build key competencies across four core areas: **1) conducting effective community analysis to understand local needs and dynamics; 2) developing robust project plans that align with goals and available resources; 3) performing organisational analysis to identify areas for growth and strategic refinement; and 4) applying practical tools for monitoring and evaluating project progress and impact.** Together, these courses offer a focused, accessible pathway to stronger, more intentional community leadership.

## TRAINING COURSES

COMMUNITY ANALYSIS

ORGANISATIONAL ANALYSIS

PROJECT PLANNING AND MANAGEMENT

PROJECT MONITORING AND EVALUATION

[CLICK HERE TO VIEW COURSE  
PURCHASE OPTIONS](https://www.nicodemustraining.org/training-programme-managers)

[www.nicodemustraining.org/training-programme-managers](https://www.nicodemustraining.org/training-programme-managers)



## CONTACT US

To know more about Nicodemus, we invite you to follow our social media channels, visit our website or write to us by email. We are keen to walk with you and support you!

Write to us at: **[courses@nicodemus.org.uk](mailto:courses@nicodemus.org.uk)**



**[nicodemuscharity](#)**



**[NicodemusCharity](#)**



**[www.nicodemustraining.org](http://www.nicodemustraining.org)**