



Mentoring Program for Students and Young Professionals 2020

In this mentoring program for young professionals, you will enhance your personal development and self-leadership, aligning it with your professional development. By re-assessing your personal value basis and identifying your current resources you will strengthen your resilience factors. Vision casting, visualization and future planning from the here and now will help you align your current path with meaningful goals. The process in a mentoring group allows you to have an in-depth personal growth experience designed to your individual needs. The context of a group allows you to gain valuable insights from peers and from others.

Methods:

Blended program of individual reflection, personal and group mentoring. The methods will include visualization exercises, vision casting, peer exchange and story telling.

General information:

Kickstart Session

Friday 6 March 20

Online Mentoring Session

Sunday 5 April 20

Weekend

tentative date 13-14 June 20 (times and place tbd)

Mentoring Session

tentative date Sun 26 July 20 (tbd)

Closing Session

tentative date Sun 23 August 20 (tbd)

The online mentoring sessions will be maximum 90 minutes. The weekend will take place in a retreat center. Accommodation and food are not included in the price but will be held as low as possible.

Total cost per person: CHF 600.00 (50% to be paid in advance)

Please contact me if you are unable to pay this amount but want to participate.

Program facilitation and lead:

Mark Moser

Coach for personal development, self-leadership and consultant for leadership and intercultural competence, external lecturer at FHNW School of Business.

Contact Mark for further information and registration.

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MARK MOSER

competence in a multicultural world

The process and key content:

Phase 1 – Where I am coming from:

Kickstart with an online mentoring session in the group

- Aims, objectives, methods and personal goal setting
- Introducing the time-line and biographical writing

Personal reflection

- Identifying development patterns through biographical work (eg time-line or biographical essay)

Individual coaching session

- Identifying my personal action and response patterns
- Understanding personal development moments

Phase 2 – Who I am today:

Asynchronous online sessions on values and principles

- Personal study identifying personal values and principles shaping my choices and habits
- Reading „The 7 Habits of Highly Effective People“ Stephan Covey

Online group mentoring session to share key insights

- Peer inputs and insights from the journey of others
- Insights from the personal reading and reflections

Phase 3 – Developing a journey plan:

Weekend Retreat

- The story of the two halves of life. Building a strong identity
- Understanding how I grow and accepting success and brokenness as growthopportunities

The power of presence

- Future mapping and visualization

Phase 4 – Walking the talk:

Online group Mentoring session

- Establishing healthy habits to be resourceful and resilient
- The value of togetherness

Personal coaching sessions on a want-and-need basis. Closing face2face group mentoring session