

## Mentor volunteer (personal development & business)

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### Introduction

3Pillars Project has an exciting opportunity to join our fast-growing team as a Mentoring Volunteer. If you are an innovative, proactive, and diligent individual and have a passion for our work, we want to hear from you.

3Pillars Project is seeking compassionate and committed Mentor Volunteers to play a pivotal role in supporting young people at risk of offending and involved in the criminal justice system. As a Mentor Volunteer, you will provide guidance, encouragement, and positive role modeling to empower these individuals to make positive life choices and achieve their full potential. We require both; personal development mentors and business mentors.

### Background

3Pillars uses sport-based mentoring as a gateway to engage young people in prison, and in the community, who are vulnerable to crime. The 3Pillars approach offers long-term support to participants, with the aim of enabling individuals to make a positive contribution to society.

### Our Programmes

3Pillars Project delivers three Academies as part of GAMEPLAN:

1. **Rugby Academy** - an in prison eight-week rugby course engaging young men in custody.
2. **Fitness Academy** - community engagement for apprentices, offering in person mentoring and training.
3. **Leadership Academy** - a progressive employment, education, or training (EET) support programme, through which apprentices can learn and develop business and community leadership skills supported by 1-2-1 mentoring.

Further information on our programmes can be found [here](#)

# 3Pillars Project

THE WILL TO SUCCEED

## The Position

- Build one-on-one mentoring relationships with young people enrolled in our programmes, offering business, training, and emotional support.
- Help mentees set personal goals and create action plans to achieve them, providing guidance and motivation throughout their journey.
- Support mentees in developing life skills, such as communication, problem-solving, and decision-making, to navigate challenges effectively.
- Act as a positive and consistent role model, demonstrating positive values, ethics, and behaviors for mentees to emulate.
- Collaborate with the mentoring team to share insights, progress, and concerns regarding mentees' development and well-being.
- Participate in training and workshops to enhance mentoring skills and learn effective strategies for working with vulnerable youth.
- Assist in organising and participating in group mentoring activities and events to foster a sense of community and peer support.

## Qualifications and skills

- Empathy, patience, and a non-judgmental attitude to effectively connect and build trust with mentees.
- Excellent communication and interpersonal skills to establish strong rapport with young people from diverse backgrounds.
- Ability to listen actively and provide constructive feedback and encouragement.
- A commitment to positive youth development and the belief in the potential of every young person to change and grow.
- Previous mentoring experience or experience working with young people is beneficial but not mandatory.

## Time commitment

We appreciate any amount of time you can dedicate as a Mentor Volunteer. The time commitment can be flexible and tailored to your availability and our fundraising needs. We are looking for someone to commit to a minimum of 4 hours per week for the next 6 months, with the option to continue longer term. Reasonable expenses covered.

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THE WILL TO SUCCEED

## **Training and support**

You will receive comprehensive training on the 3Pillars Project's mentoring approach and effective strategies for working with vulnerable youth. Our team will provide ongoing support, guidance, and resources to help you become a successful mentor.

## **Benefits of Volunteering**

- Make a profound and positive impact on the lives of young people, helping them break the cycle of offending and make positive changes in their lives.
- Develop valuable mentoring and communication skills that can enhance your personal and professional growth.
- Be part of a supportive and inspiring community dedicated to empowering young people and creating lasting social change.

## **Application Process**

If you are interested in becoming a Mentor Volunteer with 3Pillars Project, please send an email with a paragraph explaining why you think you are suitable to [jen@3pillarsproject.com](mailto:jen@3pillarsproject.com)

Join us in our mission to create lasting change in the lives of vulnerable youth. Together, we can build a society that empowers, supports, and inspires the next generation to reach their full potential.