

Mentoring & Coaching under Research

INSIGHTS

SEEK CLARITY

Clarify the role and responsibilities of a mentor and a coach, develop a competence framework and set clear and agreed ethical principles for mentoring and coaching.

#1

#2

A MENTORING SYSTEM

Inspire a shift from a mentor to a mentoring system.

SUSTAINING MOTIVATION

Know the obstacles that you are facing
Learning (still) trumps money!
Different motivational factors for juniors and seniors

#3-5

#6

RECOGNITION MATTERS!

ENSURE INCLUSION

Reinforced mentorship needs additional competences and qualification for mentors and coaches

#7

STRENGTHEN PARTNERSHIPS

#8

Create spaces and structures for long-term partnerships between the inclusion-focused organisations

ENSURE QUALITY

Poor quality is easy to spot.
Good quality is hard to get

#9-10

#11

EMBRACE SOLIDARITY

Linking mentoring and coaching as support measures with the solidarity impact of the project

NEEDS & RESOURCES

Similar needs, but different learning opportunities.
Face-to-face as an antidote for digital fatigue.

#12-13

#14

MENTORING & COACHING A TODO-LIST

A ToDo-List of support measures for National Agencies and SALTO Resource Centres

Source: Corina Pinteá, Marzena Ples and Darko Markovic: Mentoring and Coaching within the European Solidarity Corps. Common Practices under Research; OeAD-GmbH, Vienna, 2023