

SUGGESTIONS FOR EXERCISES TO SUPPORT AND TRAIN PEER TO PEER MENTORS

Through the process of peer to peer learning, both mentors and participants in the Chic & Craft designing course develop their communication and listening skills and gain a deeper understanding of the task at hand. Several studies have shown that the cognitive process of explaining solutions and dealing with questions and misunderstandings will help to embed knowledge further into the mentor's memory and enhance understanding of the subject. However, some common challenges may present themselves to those facing peer to peer mentoring for the first time. To best support our new mentors, and ensure the most enjoyable and productive experience for all involved, we plan to provide extra supportive programmes to those willing to mentor throughout the course. These will be held the day/some days before the fashion designing Chic&Craft training take place and will involve all of our new mentors taking part in exercises and activities specifically designed to target potential challenges facing them the following day, to ensure they feel ready and motivated to undertake the task at hand. These exercises are aimed at improving concentration, communication, listening, leadership, teamwork and motivation.

We suggest that the peer mentors use a notebook to write down anything they would like to remind in the future: tips for the sessions, motivational phrases, advices from the trainers, etc. It will be like a diary, a "trip book" for this amazing adventure. This notebook will be very useful also to prepare the fashion designing session for the whole group, where they can write the materials they need to prepare, for instance.

