

# INSPIRE MENTORING

CONTROL. YOUR. FUTURE.

A NATIONWIDE ONLINE MENTORING PROGRAMME FOR 18-25 YEAR OLDS



INSPIRE Mentoring matches young marginalised people with successful professionals and INSPIRE'S them to see new opportunities in life and help them control their futures

## Our Impact

117+

### SUCCESSFUL MATCHES SINCE LAUNCHING IN SEPTEMBER 2020

"Since starting the mentorship, I feel much more positive about my future opportunities, and have a much clearer career path in mind"

MENTEE

"I find I'm feeling quite energised seeing how my mentee is drawing on my expertise. There is a real sense of satisfaction about being able to help someone younger from my community"

MENTOR

### OUR MENTEES

84%

REPORT AN INCREASE IN THEIR SELF-CONFIDENCE AND A BELIEF IN THEIR FUTURE

92%

REPORT SATISFACTON WITH THE PROGRAMME

### OUR MENTORS

95%

REPORT THEY GET A SENSE OF FULFILLMENT AND SELF-GROWTH FROM MENTORING

## OUR APPROACH

- Use our online mentoring platform to facilitate and monitor matches
- Formal online mentoring takes place over one year
- Identification and achievement of goals is critical
- Recruit mentees in or aspire to education and from local community groups
- Recruit mentors via LinkedIn platform and partner organisations
- Mentors and mentees receive training
- Programme team available to support and monitor matches

## WHAT PEOPLE HAVE SAID

"Inspire mentoring has been a huge success. It helps demystify a range of professions for our students, many of whom are the first in their family to complete 3rd level. The aspirations and skills that INSPIRE builds are vital tools in helping our students to overcome barriers in their educational and professional journeys"

**Dr. Rónán Smith, Trinity Access**  
**Trinity College Dublin**

"We are delighted to be a referral partner with INSPIRE mentoring and feel our service users benefit from having access to an experienced mentor that can support them"

**Paula Murray**  
**D&I Co-Coordinator**  
**Empower**  
**Local Development Co. Fingal**

## INTERESTED IN FINDING OUT MORE?

✉ Contact our Programme Manager: [elaine@innovatecommunities.ie](mailto:elaine@innovatecommunities.ie)

## THANK YOU TO OUR PARTNERS AND SUPPORTERS



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



**UCC**  
University College Cork, Ireland



**GMIT**  
INSTITIÚID TEICNEOLAÍOCHTA NA GAILLIMHE-MAIGH  
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**cdcfe**  
Coláiste Dhúlaigh

