

DAY OF CARING®

MENTORING & COACHING SESSIONS - ONLINE

The Impact - #UNIGNORABLE issue: Employment

There are many people experiencing a lack of economic security in these times and this can have powerful repercussions, impacting a person's housing, food security, health and family life. Your support of United Way Greater Toronto impacts the places and people who need it most, benefiting programs that offer income support as well as promoting employability, skills building and networking opportunities.

Activity description

Mentoring sessions help new Canadians and job seekers (mentees) meet with established professionals (mentors) for focused conversations regarding professional networks, the Canadian job market and industry connections. Mentors also offer resume reviews and suggest effective job search strategies. This is not a hiring event or a job fair however we have heard of many stories where these connections and sessions eventually led to mentees experiencing opportunities at the mentor's organizations.

How does it work?

- Prior to the scheduled session, volunteers will receive some tips and instructions about the mentoring session
- On the day of the session, volunteers will meet on an online platform.
- United Way, the community agency and a representative from the company the volunteers are from each have a few minutes at the beginning for introductions and instructions.
- Mentors and mentees are then grouped into separate chat rooms for a one-on-one discussion for 10 minutes, after which mentees are switched to another chat room and they meet another mentor. This gives the mentees the chance to meet with different mentors and gain different perspectives and agency trends.
- At the end of the session, everyone is regrouped into the main chat room for a debrief.
- Some of the common questions that the mentees may ask are related to resume and cover letter critique, hiring process of the company, emerging opportunities within the industry, ways to stay current in the industry and effective ways to maintain good relationships.

Timing

The activity can take anywhere from 2 to 3 hours to complete depending on the size of the group.

The following is a sample agenda:



30 minutes—Introduction and Instructions

60 minutes—Mentoring

20 minutes—Mentor and mentee debriefing and evaluations/feedback

Who can participate?

- All employees willing to share their work experience and career advice can participate. Instructions and tips will be provided.
- Since there will be United Way and agency staff present and the experience will happen virtually, formal background checks is not required.
- Group size can range from 5-20 volunteers per session.

Booking information

To learn more, contact your United Way partner or email donorengagement@uwgt.org

After the activity

Tell us about your experience! Share your feedback with United Way using the survey link that will be included in your confirmation email.