

Walking & Talking Mentoring with Julie & Len

What is Mentoring?

Mentoring is about building a relationship which supports Young People to talk about their worries, as well as their dreams and aspirations. Unlike counselling which is focused solely on listening, mentoring offers practical strategies, positive attitudes and behaviours to empower Young People to move forward in their lives.

We work on building important life skills, confidence in social settings, resilience, overcoming difficulties and emotional well-being. Got2B work with Young People around themes, including healthy relationships with peers, parents and teachers, bullying, social media, identity, sexuality, mindfulness, self-esteem, future education and careers.

What is walking and talking?

Being in nature, having a rhythmic meditative walking state and being with Lenny has encouraged lots of Young People, to really open up about how they're feeling. The topics that are covered whilst walking and talking can be vast because there are lots of distractions. If nature wanders into your path, that is almost definitely going to come up in a conversation if a giant lorry travels alongside of a motor enthusiastic Young Person the conversation will probably be steered in the direction of careers and hobbies.

Also, when you find yourself in a quiet area where you are not being disturbed by cars and lorries or nature, the quiet time in this secluded space opens up an environment that feels safe and intimate, and this often helps Young People talk about some of the difficulties they are experiencing. The lack of eye contact, the closeness but separation, helps young people feel connected to Lenny and their youth worker.



**Sessions are
£45 each**

**Discounts given
to prepaid
block bookings**

Lenny is a 4yr old rescue dog from Serbia, he is very kind and loves people. He really enjoys walking to the park, but he isn't interested in catching a ball or a stick he just wants to have his belly rubbed.

Lenny can do some tricks for treats, and he won first prize once at a show for being the best biscuit catcher.

Laid back Len or Lazy Lenny as he is affectionately known by to his family, can mainly be found lounging about in the garden, or sneakily eating the cats' food.

**PETS AS
THERAPY**

Got2B
Community Interest Company

To book or for more information please email: info@got2b.org.uk