

**DO YOU WANT TO HAVE A  
POSITIVE IMPACT ON  
SOMEONE'S LIFE?**

## Become a volunteer Mentor

Volunteering makes us healthier & happier while  
building stronger communities

Join our **FREE 1.5 day Mentor Training** online workshop on 19th & 26th August

### FREE 1.5 DAY ONLINE WORKSHOP

#### Mentor Training outcomes:

- Learn active listening and validation skills
- Develop an understanding of boundaries and referrals
- Enhance self care management

### HOW TO REGISTER

Free to anyone living in Australia and  
over the age of 21

- For details or to book your spot head to:  
<https://mentoringmen.org.au/mentor-training/>
- Or scan the QR code below:

**When: 19th & 26th August**

**Day 1: 19th August - 9am - 4:30pm | Day 2: 26th August - 9am - 12:30pm**

**"The Mentor Training allowed me to rethink the role and better understand the mechanics of mentoring: listening, unconditional positive regard & empathy."**

Greg, Sydney NSW

Any questions email [matthew@mentoringmen.org.au](mailto:matthew@mentoringmen.org.au)

