



## **1-2-1 Emotional Resilience Mentoring**

### **What to these sessions do?**

These sessions are to give one to one, person centred recovery and resilience skills for the individual's emotional wellbeing. Using The Hummingbird Project's unique 3U model of working, the Hummingbird Mentor will:

Gain an understanding of the client's circumstances, goals and barriers that they are facing.

Unlock the client's strengths, support options, coping strategies and ability to co-produce action plans to achieve their goals.

Uplift the client to move forward with confidence and gain control and responsibility for their own emotional wellbeing, with stronger resilience to cope with difficulties or stressors in the future.

If appropriate, the sessions will include collaborative meetings with the referral party to engage them in co-creating strategies with the client.

### **Who is it suitable for?**

These sessions are suitable for anyone who is having difficulty coping with their emotional health, which is having an impact on their ability to manage their circumstances e.g. work, quality of life, social functioning. This could be either an employee or client that requires support to move forward with confidence because of their emotional health.

### **What is the format?**

The sessions are approximately one hour long, provided in a safe, confidential and informal way. We suggest a minimum of 6 sessions per individual. During these sessions, the mentor will use our unique 3U methodology to work with the client: Understand, Unlock and Uplift. Essentially it takes the format of co-creating solutions and action plans under three themes

– What is going on in your circumstances right now? What do you want or need to change?  
What do we need to put in place to get you there?

### **Why choose this support intervention?**

These sessions are different to traditional counselling models of providing a listening ear service only. The Hummingbird mentors bring a unique combination of professional expertise and lived experience to work in collaboration with the client to identify strengths and barriers, create action plans and build resilience for the future. We believe everyone is an expert in themselves, our job is to facilitate each person to build their capacity, understand and adapt to their own circumstances and move forward confidently.

### **Outcomes of intervention**

- Measurable improvement of mental wellbeing
- Increased resilience
- Engagement with support options such as employer or community organisation to co-create solutions and share responsibility
- Focused, achievable goal setting
- Action plans for overcoming barriers
- Increase capacity for managing difficulties in the future

### **Cost:**

This program costs £80 per session per participant and is normally delivered in a minimum of 6 sessions.