

Professional Mentoring Services



ANGELA CADOGAN
clinical consultancy | education | mentoring



OVERVIEW

i *Mentorship provides physiotherapists with continued opportunities for growth and development throughout their career. Regardless of career stage, engaging in mentorship interactions with colleagues who have a greater or different breadth of knowledge and experience will always be of immense value.*

I provide online mentoring services by arrangement for physiotherapists who are committed to improving their clinical and professional competencies to further their career and/or apply for advanced practice or specialist registration with the NZ Physiotherapy Board. I accept 2-3 mentees per year for either 1-off/causal mentoring sessions, or regular mentoring sessions (approx. every 8 weeks) for a one-year period.

The Objective

i *The aim of the mentoring process is to help the mentee achieve their personal goals. The mentee sets the agenda according to what it is they want to achieve. My job as a mentor is to support the mentees goals by providing guidance and advice on how the mentee can set about achieving their goals and assist by identifying target areas for development and methods of accessing opportunities.*

- **Step 1:** Assess the mentees goals.
- **Step 2:** Assess and develop the mentees' Professional Development Plan in the context of their goals.
- **Step 3:** Identify priority areas for development and provide advice on accessing relevant opportunities.
- **Step 4:** Assess progress, review and update plan at subsequent sessions.

Mentoring Sessions

i *All mentoring sessions are held via zoom (1 hour sessions). There is associated documentation to ensure both parties are clear on the expectations and outcomes. Documentation includes a formal Mentoring Agreement, Learning Plan and Session Plan. The mentee is solely responsible for scheduling the mentoring sessions.*

- **First session:**
 - Get to know the mentee
 - Finalise the mentoring agreement
 - Review the mentees goals and professional development plan
 - Select priority areas for development and discuss avenues to access opportunities for development
 - Set the action points, agenda and date for the next session (if applicable)
- **Follow-up sessions:**
 - Review the session plan from previous session and discuss progress on action points.
 - Review the plan and determine next priorities
 - Session feedback for both parties
 - Set action points, agenda and date for the next session (if applicable)

Pricing

The following outlines the current pricing for mentoring services (*all prices in NZD, GST excl*):

Option # 1: Annual Mentoring Programme	Price (excl. GST)
Initial mentoring session:	\$250.00
Follow-up sessions (per session):	\$200.00
Option #2: Annual Mentoring Programme (1 year)	
6 sessions per year (approx. 8 weeks apart) @ \$167 per session	\$1000.00*
<i>*Payment plan available: \$83+GST per month.</i>	

All prices exclude GST. Prices do not include any additional services outside of the mentoring zoom sessions.

To Apply for Mentoring

i Acceptance may depend upon how many mentees are already accessing mentoring services.

Please send the following to admin@advancephysiotherapy.co.nz

- Brief cover letter stating the reason you are seeking mentoring services
- Updated CV.