

Mentoring Programme 2024



For many of our students, completing a formal Nebosh qualification at certificate or diploma level is one of the methods that they use to develop their skills, knowledge and competence. However, many find that this is very much the start of their H&S journey to being an effective health and safety advisor or professional.

Cambridge Safety have supported a number of individuals in their professional journey which may include achieving chartered status with IOSH or joining the national occupational health and safety consultant register.

Demonstrating your ongoing competence and keeping up to date are important for everyone as well as developing your own personal skills on issues such as communication, leadership and active listening. IOSH and other professional bodies require members not only to demonstrate H&S competence but also be a trusted adviser with integrity, trust and honesty.

Mentoring is where you have a **trusted person with experience** who can help you develop your skills and knowledge. By using their own career story to assist your continual professional and person development. They can guide you towards opportunities as you start or move up in your career. Plus assist you in establishing priorities and realistic goals and take action.

Here at Cambridge Safety, we have been informally mentoring our delegates and clients for the last 25 years. With our professional approach always acting in the best interests of health and safety, rather than advising the solution which is easiest for us.

We have established our mentoring programme which is designed to meet your personal needs but we would aim to cover three different issues at each session:

- Assistance in your continual personal development, personal development plans and achieving CMIOSH (where applicable)
- Assisting in task and work prioritisation
- Actively listening to any issues that you have
- Answering work related H&S queries where additional expertise is required, e.g. advise on policies and procedures or technical issues which have arisen. (Please note this is not a full H&S consultancy and advise service, advice given will link to the individual and tasks they are activity engaged in only. We are not acting as the organisations competent source of H&S assistance)
- Advising on relevant best practice.



What sorts of issues can we assist with?

Drafting and developing your CV to send to a professional body

The IOSH blueprint, CPD (Continuous Professional Development) and Individual Professional Development (IPD) platform

Developing your plan to achieve CMIOSH

Active listening when you may be the only H&S adviser in the company and sometimes just need to run a few ideas past someone with a wider level of experience or competence.

After completing the qualification, you may still feel there are issues which you do not know enough about to answer a query

How to draft and develop effective self-reflective accounts for CPD

Advice on what you can do to support your CPD rather than just attending training sessions

How to use any current or ongoing H&S study towards CPD and IPD

Prioritising your health and safety work load

Our mentoring package can be **flexible**, with just one session if you want advice on just one issue e.g. the IOSH Blueprint and continual professional development. Or you may wish to book a number of sessions which you can take over a 6-month period or a year. The flexibility is yours.

Charges:

One off session of 1 hour	£100 +vat
Six 1-hour sessions over a 12-month period	£500 + vat
Twelve 1-hour sessions over a 12-month period	£1000 +vat

Sessions can be held in person at our training centre in Peterborough, or via zoom or telephone. If advice on documents is required then these will need to be provided at least one week prior to the mentoring session being held. The sessions will last at least 1 hour but we will not have a stop watch running. We will also be able to offer ad hoc assistance via telephone or email if issues arise in between meetings. Sessions will be held at agreed dates and times between 8.30 and 4.00 Monday to Friday.

Get in touch to discuss your requirements and to book Mentoring by:

Calling us: **01733 865695**

Emailing us: info@cambridgesafety.co.uk