Details of the five available breakout sessions and a brief synopsis of each are shown below.

1. **Quality Practice in Safeguarding: Jennifer Reston, National Volunteering Manager Aberlour**

This session will look at best practice in Safeguarding within mentoring projects. This session will look at how an effective mentoring project takes all practical steps to ensure the safety and personal protection of its mentees and mentors and to minimise any risks involved in the delivery of its service.

1. **Resilience and Trauma - How can we capture the root causes of trauma & promote resilience: Heather Zajac, Scottish Churches Housing Action**

This practical workshop shall capture the root causes of trauma in a way that is visual to help raise awareness and identify areas that we could promote resilience. The activity shall identify the root causes of people who may have experienced trauma and try and understand the elements that feed these behaviours.

1. **Strategy Cards Communication Tool: Angie Foreman, Coca Cola 5by20, Programme Director, Scotland and Sarah Frame-O'Hare of Strategy Cards Limited.**

Are you playing your mentoring cards right?

Anyone who has ever been a mentor and a mentee will know that both sides of the conversation can be tricky at times. From the mentee’s perspective it can be hard to open up and admit areas for self-development, and for the mentors, it can be hard to know what to ask to extract valuable insights and deliver purposeful meetings.

Using professionally designed playing cards, this Mentoring Strategy Cards® workshop will introduce a unique and interactive gamified concept that keeps the discussion flowing and relevant.

1. **Good Practice - Projects that work with Non Vulnerable Mentees: Sarah and Amanda SMN**

This session will give project coordinators the opportunity to discuss the day to day work of their projects and offer suggestions on how Scottish Mentoring Network can improve it’s good practice guidance for projects who feel that they may not need to put in place as many safe guarding methods or support and supervision arrangements as projects working with vulnerable client groups.

1. **Sustainability – Making a Lasting Difference:** **Graeme Reekie from Wren & Greyhound**

This participatory workshop introduces the paradoxes, principles, and practices of sustainable organisations. It will help you identify the things you can do to sustain your organisation, project or service - and its impact on the people you serve. Participants will receive a free hard copy of the recently updated edition of The Lasting Difference® toolkit.