

Time	Real Time	Item
15 min	10- 10:15	Introductions <ul style="list-style-type: none"> • Ice-breaking session • Introduction of the participants • Introduction to the project
15 min	10:15 – 10:30	Theory 1- Understanding Change
30 min	10:30 – 11:00	Activity 1 – Hands on-discussion and life line exercise
10 min	11:00 – 11:10	Theory 2 - What is mentoring and coaching? Why is it important? (Business case)
20 min	11:10 – 11:30	BREAK
15 min	11:30 – 11:45	Theory 3 – Exploration- New understanding & Action Planning
55 min	11:55 – 12:30	Activity 2 – Hands on- Role play
5 mins	12:30 – 12:35	Setting up a mentoring programme
15 min	12:35 – 12:50	On-line Platforms
15 min	12:50 – 13:00	Conclusions