



# **Mentoring for Social Inclusion: A Critical Approach to Nurturing Mentor Relationships**

*Helen Colley*

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# Mentoring for Social Inclusion: A Critical Approach to Nurturing Mentor Relationships

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What does mentoring really mean? What can be achieved through mentor relationships?

This timely book examines one of the fastest growing social movements of our time. As millions of volunteers worldwide continue to add to the mentoring phenomenon, the need for this authoritative text becomes increasingly evident. It capably traces the history of mentoring, unravelling the many myths that surround it, with a combination of intellectual rigour, insight and lucid discussions.

The author draws upon detailed case studies, providing a unique and vivid account of mentoring through the voices of the participants themselves. These eye-opening narratives reveal the complex power dynamics of the mentor relationship, giving the reader the chance to:

- \* Contextualise mentoring against the background policy driven schemes and social inequalities;
- \* Look beyond the popular myths of self-sacrificing and devoted mentors, and understand the emotional cost of mentoring;
- \* Appreciate young people's view of mentoring and recognise the benefits and the counterproductive outcomes it can produce;
- \* Reflect on a range of models of mentoring, and consider policies to support good practice.

The strength of this book lies in the author's ability to present complex material in a highly readable form. It offers a radically new theoretical analysis of mentoring, based on award-winning research, arguing that mentoring cannot be separated from the wider power relations that surround those involved. For anyone with a professional commitment or link to mentoring, including managers, practitioners and policy-makers, this is an essential, incomparable read.

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