

## Toolkit Activity 28: Your one-page profile

Activity title	Your one-page profile
Aim	<ul style="list-style-type: none"> <li>- Building the relationship between mentor and mentee</li> <li>- Understand how to support better your mentee</li> <li>- Starting to use the one-page profile as a tool to personalise WBL experiences in an integrated guidance approach</li> </ul>
Related to subchapter	2
Group / Individual activity	Individual
Duration	45 minutes
Online / Offline activity	offline activity
Materials needed	<p>Sheets of paper, pens, printed copy of a one-page profile template downloadable from:</p> <p><a href="http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/">http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/</a></p>

### Step-by-step instructions:

1. At the following link you can find free templates in order to develop a one-page profile: <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>
2. Choose the one who best fits your needs and print a copy for your mentee.
3. Start a conversation with your mentee and help him / her to find out: What is important to me? What do people appreciate about me? How do I want to be supported?
4. At the end of the conversation with your mentee, ask him / her to fill the one-page profile in accordance with the outcomes of the dialogue you have just had.
5. When he / she has finished, read what he / she wrote and, if necessary, clarify the aspects you find blurred.
6. The one-page profile can be the starting point to build up a WBL experience for and with your mentee. Both your mentee and you will have a presentation of himself / herself on a single page, and both of you will know what you have to take into consideration for the smooth implementation of the WBL activity.

**Take-away message:** This activity helps mentors to understand how one-page profiles can help them to offer a more personalised service, when implementing WBL experiences for their mentees in an integrated guidance model.