

# Early Career Framework

## Module six – Building resilience

### Mentor training

#### Mentor seminar

This seminar will focus on how mentors can build the resilience in their ECTs. It follows from previous seminars on balancing support and challenge where mentors considered how to build self-efficacy in their ECTs. This seminar allows mentors to understand the important role they play in shaping their ECT to be able to overcome challenging situations and to thrive in their new profession.

#### Mentor self-directed study (optional)

Mentors can engage in the final optional self-directed study session which asks them to reflect on their learnings and development over the past year. They will be asked to consider all aspects of the ECF programme; the mentor assessment, the mentoring interactions, self-directed study and the seminars and consider the impact these have had on their practice as a mentor.