

# Allied Health Graduate Mentoring Program

6 month learning & support in a small group format



# Why enrol your graduate in the program

Supporting graduates in a small business can be a rewarding experience and a wonderful recruitment strategy.

This 6 month, on-line group program combines facilitated peer support and mentoring in critical workplace skills.

With a maximum of 10 graduates in a group, the format provides rich peer to peer learning and support to grow confidence and enhance wellbeing. It also teaches critical workplace skills that build competence and boost productivity no matter what area of practice they are working in. The program is an adjunct to your in-house clinical learning.

It will reduce the pressure on you and your team of supporting a graduate, while helping them hit the ground running.



# Who is this program for ?

Our mentoring program is perfectly designed to support allied health graduates in a small businesses, particularly if they are the only graduate in your practice.

It gives a graduate a group of peers to learn and journey with over their first 6 months.

It promotes their introduction to professional life and reduces the support needs on your team.

It is also beneficial for an early career therapists (1-3 yrs) new to private work.

*The 12 week introduction program and then ongoing support has made me feel confident as an OT, even when I don't know the answers immediately, I know I will be able to work through it with support. My advise would be to jump in with both feet." KENNEDY - NEW GRAD at Karens previous practice.*



# Benefits of the program

Confidently take on a new graduate knowing you can outsource support and reduce the demands on your team

The targeted workplace skills enhance learning and accelerate productivity.

The small group process supports graduates to build confidence. Sharing challenges and success enhancing wellbeing and learning

# Program Overview

**Duration :** 6 month program

**Method**

- Live, zoom weekly sessions on Thursdays
- Max 10 in a group
- Additional “podcast” style learning modules in Stage 2.

**Stage 1** 12 weeks

- 1hr weekly group sessions

**Stage 2** 14 weeks

- 1hr fortnightly group sessions
- 1hr fortnightly “podcasts” in preparation for the session.

**Content**

- Facilitated peer support
- Mentoring in professional work skills

**Intake**

- Intake group 1 Feb 6th
- Intake group 2 March 6th

**Fee**

- \$1800 per graduate for 6 month program



# Learning Outcomes



## **Workplace Skills**

- Communicate professionally and efficiently via email and phone
- Manage tough conversations with clients
- Plan and manage your time productively.
- Understand and embrace billable work and KPIs
- Learn to forecast billable work a week in advance.
- Maximise clinical supervision sessions.
- Increase insight through self reflective practice.



## **Group Facilitated personal learning**

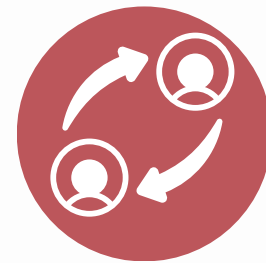
- Know and embrace your strengths and personality type.
- Increased confidence through shared learning of challenges and success in the group.
- Feel supported by a peer group facing similar challenges.
- Understand and apply the principles of cognitive empathy to build a sustainable compassionate approach to working as a health professional.

# Program Modules

Each session includes group sharing, breakout rooms and facilitated discussion on the graduates experiences and learning with their clients. Over the course of the 6 months group sharing evolves to group learning with the modules below incorporated for targeted skill development.



**Advanced  
Communication**



**How to maximise  
Supervision**



**Diary & Time  
Management in  
the workplace.**



**Cognitive  
Empathy**



**Embracing billable  
work**



**Gallop  
Strengths  
Inventory**



# The Presenter

Karen is an experienced Occupational Therapist and Practice owner. She has a passion to support the leadership, growth and sustainability in Allied Health professionals.

With a proven track record in developing graduates in her own business, she has created this program, based on what she has learnt. She knows what a graduate needs to learn and thrive.

She is a skilled group facilitator who provides a positive, problem solving approach to learning and discussion.

With her own daughter studying Occupational Therapy, she is more motivated than ever to support the next generation.







EVOLVE &  
RESTORE

# Enrol today

[evolveandrestore.com.au](https://evolveandrestore.com.au)



To enrol, complete the form here and Evolve & Restore will send an invoice. The fee can be completed upfront or in 3 instalments of a \$600.

**Program \$1800**

Intake 1 starts Feb 6th, Intake 2 starts March 6th  
Max 10 people per group  
Applications close Jan 31st 2025 or earlier if group is full

For more information or to discuss further contact Karen at [hello@evolveandrestore.com.au](mailto:hello@evolveandrestore.com.au)