



1st February 2021.

ARCO Members,

**ARCO SUPPORT AND PARTICIPATION IN THE DEFENCE FORCES
MENTORING PROGRAMME**

The Defence Forces is currently establishing an internal capacity to provide formal mentoring at Formation and Unit level.

Mentoring is a career management tool used by the Defence Forces, to nurture and develop personnel. Mentoring occurs in a work setting, between two individuals, for the purpose of passing on knowledge and information, sharing wisdom and experience, and on request offering advice and guidance, in a confidential manner.

The Defence Forces Coaching and Mentoring Committee have accepted ARCO's offer to actively participate in the Defence Forces Mentoring Programme, availing of its members' diverse skillsets, energy and vast range of expertise and experiences, derived from military service, both at home and overseas.

What qualities should a Mentor from ARCO bring to the Defence Forces programme?

- Have reflected on military and life experience.
- Be receptive to learning and development – Defence Forces will provide training
- Be prepared to use the wisdom gained to mentor others.
- Be comfortable in discussing the ups and downs of military life.
- Be an active listener - be prepared to ask rather than tell a mentee.
- Be discreet, as mentoring conversations are confidential to the relationship.
- Be prepared to engage in a 'pro bono' mentoring relationship over a period of 6 to 9 months.

Should you be willing and available to participate in the Defence Forces mentoring programme, please advise ARCO using the dedicated email address:

Mentor@ARCOIreland.com, and provide your name, your county of residence, along with details of any training or experience in the Mentoring domain. The Defence Forces' and ARCO's Data Protection Policy will apply.

Brendan McGuinness
A/Brig Gen
COM JTF
McKee Barracks
Blackhorse Ave, Dublin 7
D07A065

D: 00 353 1 8042985 | M: 00353 868114507 |

E-mail: jtf.com@defenceforces.ie

