



**Empower  
Autism**

Enabling positive social change  
for and with autistic people

## **Autistic Mentors**

At Empower Autism our vision is for autistic people to live with confidence and self-belief. Our mission is to empower them to reach their potential through providing programs and services based on inclusiveness, self-development, and self-advocacy. We strongly believe in peer led support and we value the active participation of those with lived experience of autism.

We are about to launch our newly developed Peer Mentoring Program and we're seeking expressions of interest from autistic people who wish to contribute as Volunteer Mentors.

As a mentor you will act as a knowledgeable guide and resource to help mentees with their personal development. Importantly, mentors also help to structure, develop, and work towards mentees' individual goals and needs. This mentoring process involves active listening and positive discussions that encourage mentees to build their confidence and independence. Mentors may come from any walk of life, including university students, working professionals, those living independently, or individuals with a particular skillset they are confident sharing with others. The important thing is that you have a passion to share your autistic experience and assist other autistic people.

### **WHAT QUALITIES DO WE LOOK FOR IN MENTORS?**

We highly value our mentors and the impact their lived experience has when shared with other autistic people. An ideal mentor:

- Provides a balanced level of emotional, social, and practical support
- Can identify people's strengths and discover how to use them
- Is reasonably confident with social skills and problem-solving strategies
- Has a non-judgmental attitude and an empathetic approach
- Has the ability to relate to others and demonstrate understanding of their challenges
- Recognises and shares common values
- Is organised and reliable
- Has awareness and knowledge of boundaries



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## WHAT IS EXPECTED OF PMP MENTORS?

To keep you and your mentee safe, there are set guidelines required of all mentors. As a mentor you will be required to:

- Have a current Working with Children Check (Blue Card) & Disability Worker Screening (Yellow Card)
- Have a clear National Police Certificate (dated within one month of your application)
- Organise weekly meetings with your mentee focusing on their unique requirements. This may include problem-solving, providing guidance towards goals, or simply offering a listening ear.
- Participate in our training session prior to commencing the program (approx. 2 hours)
- Commit to mentoring your mentee for a minimum of 3 to 6 months
- Attend training, support, and review sessions throughout the program – approximately every 2 to 3 months
- Complete evaluation surveys throughout the program

Mentors will receive thorough training and resources prior to commencing their mentorship and ongoing support throughout the duration of the program.

Note: All mentors must be a minimum of 18+ to be eligible for this program.

Apply now by emailing the following details to [lily@empowerautism.org.au](mailto:lily@empowerautism.org.au)

- Your name
- Your phone number
- Your email address
- Brief details on why the role interests you

To discuss the role in more detail, please contact Lily Goleby on 07 3865 2911