



# SPOTLIGHT ON MENTORS

## YOUNG GLASGOW TALENT



**GILLIAN MUTCH**  
DISABILITY ADVISOR,  
GLASGOW

Gillian enjoyed mentoring Callum for 2 years. Her background in supporting and mentoring University students encouraged her to get involved. She tells us how powerful it can be to connect with someone just once a week.

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### **What is the best thing about being a mentor?**

I think the best thing about being a mentor is building a relationship with someone. Callum and I would generally have a bit of a laugh, it wasn’t always serious stuff we were talking about. And we both liked to have a good debate, it was just really enjoyable. As the relationship developed Callum shared more with me. That took a wee bit of time, but that was nice to see the development of our relationship.

### **What changes have you seen in the young person you mentor?**

Like everyone else, he had his ups and downs. But I think one of the things was over time he became more focused on what he wanted to do when he left school. He had very different ideas in mind and he explored a few of those. I think it was about focusing on what his actual plan was for when he finished.

### **How has being a mentor changed or impacted you?**

I think that we have learned a lot from it, I certainly have. It’s been quite some time since I was at school. Through Callum, I have learned about the additional challenges that some young people face as well. That’s sometimes been an eye opener for me and that’s been useful for me personally, but also professionally. I think more about the transition from school to university and work.

### **What would you say to someone about becoming a mentor?**

I would just say if you have got an hour a week to spare just do it. You will really enjoy it and it is definitely worthwhile. There is a definitely a huge impact just by being with somebody for 50 minutes once a week, it can make a big difference.