

COMMUNICATION RULES



Education and Culture DG

Lifelong Learning Programme

Project No. 503575-LLP-1-2009-1-LT-GRUNDTVIG-GMP
www.socialmobility.eu



INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

Rules of communication

- It is very important to set the rules of communication within the group during the first meeting with the group.
- The mentor suggest some points for the mentees for the rules and together make the list of rules which will be used during the whole mentoring process.



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Examples of rules of communication within group social mentoring

- * ***Learn to listen to others!***

The more you listen, the more you learn!

- * ***Be quiet when somebody speaks!***

Word is silver, silence is gold!

- * ***Avoid rude words or gestures/actions!***

Deep rivers flow silently, clever people speak calmly!



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Examples of rules of communication within group social mentoring

*** *If you cannot say anything pleasant, please remain silent!***

A word heals, though it also hurts!

*** *Do not laugh what other person says!***

Because of abundant laughter you will be able to recognize a fool!

*** *Think before you say something!***

Once you say a word, you won't return it back!

*** *More smiling is always welcome!***

A smile doesn't cost you anything!

Examples of rules of communication within group social mentoring

- Confidentiality
- Openness, saying the truth
- STOP right
- Activity
- Responsibility
- Positiveness



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Examples of rules of communication within group social mentoring

- Respect:
 - At one time speaks only one person;
 - Listen to what other says;
 - Respect mentor's time (do not call to mentor after 8 p.m.)
- Equal opportunities:
 - Individuality should not be discriminated;
 - Everyone has a right to be different and tolerated by others.



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Examples of rules of communication within group social mentoring

- Confidentiality:
 - Personal information which is said in the group, stays within the group;
 - The meaning of it needs to be described with each person in the group.



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