



# Video mentoring

*Would you like* to increase your team's ability to reflect, understand and improve day to day interactions with children in your service, to achieve positive outcomes in behaviour and attachment relationships?

Gowrie SA can offer you the positive impacts and benefits of video mentoring.

## *What will happen?*

A certified COS-P facilitator/consultant will visit your service and record video footage of day to day interactions between educators and children. They will also discuss with you what you hope to achieve through the mentoring project and what areas you would like to examine or improve.

Your mentor will then analyse the footage and share it with relevant team members. Valuable reflection and improvements can be achieved as we unpack the visual material with you, receiving specialised theory and attachment based guidance on the ways in which children's behaviours, verbal and non-verbal cues can be viewed and understood more clearly. This will enable your staff to grow and improve their understandings of interactions in practical visually powerful ways that are difficult to achieve in the fast paced daily environment of a centre.

## *Benefits of video mentoring are:*

- Provide a 'fly on the wall' style view of day to day interactions.
- Develops educators' self-reflection capacity
- Identify educators strengths and underutilised capacity
- Develop the ability to recognise the subtle cues children display
- Engage in a collaborative approach to reflection and ongoing improvement and learning around behaviours and attachment with your team
- Practical ideas and strategies to take away from the mentoring sessions.

**Cost: \$242 for 1.5 hours** (+ travel costs)

**Contact: [train@gowriesa.org.au](mailto:train@gowriesa.org.au)** or call **(08) 8234 5219**



**Gowrie**  
South Australia