



Mentoring and Self Development

By Gregor Gilmour and the ATmentor Team



“AAC users are not just recipients of services — we are advocates, mentors, and leaders.”



About me



What is Mentoring?

Lived experience

Shared knowledge

Encouragement

Support

Inspiring



What does an ATmentor do?

- Provides one-to-one peer support
- Helps people navigate AAC systems and life transitions
- Acts as a visible role model in the AAC community
- Raises awareness of AAC user needs and rights
- Helps others build confidence and self-advocacy skills



My Big Break



Personal Development

- The mentoring qualification
- Employability
- Mental health awareness
- Safeguarding
- Counselling
- Leadership
- Self development
- Assertiveness



Qualified Mentors



- ATtherapy mentors complete mentoring and employability qualifications Level 1 and Level 2
- Designed to open real doors — in work, in volunteering, and in life
- We use qualifications that are accessible and tailored to AAC users
- Skills gained go far beyond mentoring



ATmentor - Ruby



ATmentor - SJ



ATmentor - Sam



ATmentor - Aid



We asked Francesca...

‘How do you think that having an AAC user as a mentor has positively impacted your client?’



Francesca Sephton provided the following answer:

- Seen first-hand the profound impact an ATmentor can have.
- ATmentors bring lived experience.
- wider discussions they prompt about disability are equally transformative.
- “Co-presenting with ATmentors has been particularly impactful.
- ATmentors have deepened my understanding of the critical importance of literacy, self-determination, and opportunity.



Our Hopes for the Future

Looking Ahead – Our Aspirations

- To see more AAC users supported, qualified, and empowered
- To grow the ATtherapy mentoring community
- To change how AAC users are seen — as leaders, not just recipients
- To keep learning and inspiring each other



Additional Information

Get Involved, Want to Find Out More?

- Are you an AAC user interested in mentoring?
- Are you a practitioner or parent/carer wanting to know more?

For more information about our service, you can visit our website
www.attherapy.co.uk/at-mentors

We would love to hear from you





Thankyou for listening!

**Do you have any
questions?**

