

Ali McGrath

Top Mentor On Sabbatical

**Mentor of the Year Winner
NPW Awards 2022**



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HOW TO TAKE CARE OF YOURSELF AND OTHERS

Mentor Of The Year

What it meant to Ali winning at the NPW Awards?

It meant everything! I think everyone that knows me knows I just like to be in the background, and just watching what people are doing. It was really nice to get some recognition for what I do. Normally, I like to see other people on the stage, so I found it a little difficult at first. But straight after, it was great. There was lots of love, and lots of appreciation from people, which really blew me away. So thank you.

The importance of mentoring in Ali's life:

"I was always encouraged as a child to listen, by both of my parents. It was a very open environment that we lived in. My dad always encouraged me to listen to both sides of an argument and make my own conclusion. From an early age, I was always a listener. I always appreciated both sides of the story. My dad, who instilled everything into me, left me when I was 13. But I still live my life every single day by a lot of his teachings. "

When did Ali start mentoring?

" I think I've just always been one of those people that people come to with a problem. I think I'm pretty level headed. I'm really solution focused as well, I feel quite blessed. I am a listener and because of that I get to share so many people's dreams. I might pour cold water on them sometimes, but I never say you can't do something, I'll ask them to go away and reflect. And so for me, I think I've always done it. And I will always do it because it takes nothing to listen to someone does it? "

Why Ali went on sabbatical?

" All my life I've looked after people and had responsibilities and I think anyone that knows me knows I was close to my mum, she had dementia. So after mum had gone, and she went in the January, just before the pandemic, everybody knew I was going travelling and then this horrible thing came along called COVID, which put plans on hold again.

I had a little bit of reflection towards the end of last year and a couple of months off and really enjoyed it and then thought, I'm not done. So for me, it's now about just around taking some time out for Ali. "