



## A Mentor Is....

Seedling kicked off the **2017/18 Monthly Mentor Trainings** in September by giving mentors the opportunity to sit with their peers and Mentor Director and share about their first mentee visit of the school year and offer support to each other. Mentors were encouraged to reflect on the roles they play in the mentor/mentee relationship and discuss thoughtful ways to enhance them.

**Three key roles mentors play in their mentor/mentee relationship include:**

**Adult Friend-** building a relationship where you are a trusted adult friend to your mentee includes:

- Consistency
- Working towards equal power in the relationship
- Honoring rules and guidelines of your mentee's parents and caregivers
- Validating your mentee's feelings

Being a caring adult friend begins with active listening. To brush up on essential listening tips and the 70/30 rule, [click here](#)

**Role Model-** A good role model acknowledges their mistakes, apologizes, and treats others the way they want to be treated. Mentors are in the right place to model these behaviors. Role models do not send the message "be like me" but rather set an example that encourages their mentee to be their best selves. To review important qualities of a role model, [click here](#)

**Nurturer of Possibilities-** One way mentors can nurture possibilities in our mentees is share the benefits of setting goals. Goal setting can help your mentee have a sense of empowerment and control over his/her present and future. *To learn more about teaching your mentee to set goals, [click here](#)*

Seedling is committed to providing the very best support and encouragement to you, our mentors, as you share your time and hearts with your mentee. One way we do this is facilitate monthly lunchtime trainings, to share new ideas and research that can enrich your mentoring journey. Our October Mentor Training will explore Emotion Regulation and how mentors can be a positive influence. Mark your calendars for October 27 and watch your email for the invitation.

*Adapted from Mentoring Central, Building the Foundation. [www.mentoringcentral.net](http://www.mentoringcentral.net)*