



Mentoring Session – CBMC Monday 23rd

Biblical Principles 2 Tim 2:1-7

You then, my son, be strong in the grace that is in Christ Jesus.² And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.³ Join with me in suffering, like a good soldier of Christ Jesus.⁴ No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.⁵ Similarly, anyone who competes as an athlete does not receive the victor's crown except by

Soldier	Suffering and Endurance Focus No Entanglement Please their Authority
Athlete	Discipline Focus on prize Obedience
Farmer	Hard-working Harvest Receive

competing according to the rules.⁶ The hardworking farmer should be the first to receive a share of the crops.⁷ Reflect on what I am saying, for the Lord will give you insight into all this.

4 Responsibilities

The First Meeting – 1 ½ hour

- Tell life stories / bios
- Bible Verse
- Objective - goal
- Needs
- Accountability
- Pray
- Calendars – monthly / quarter

Mentee – report to facilitator

Coaching Questions that Help You Achieve your Goals

GROW Model – Identify the issue. This model is a simple guide to developing a plan.

- G – Goal** What is your desired goal and outcome?
- R – Reality** What is your current reality? Where are you today?
- O – Opportunities** What are the opportunities?
 - Options** What are the possible options?
 - Obstacles** What are the obstacles, barriers or roadblocks?
- W – What** What action steps will you take?

Life Synergy – Assessment / Balance
Issues – Transitions, Challenges, and Hurdles