

## **ATTRIBUTES OF A MENTOR AND IMPORTANCE OF A MENTOR**

### **A MENTOR IS SOMEONE WHO BELIEVES IN YOU**

Every one of us needs and deserves affirmation, especially when distractions, lack of direction, too many choices or imperfection is present. Mentors often become your greatest champion.

### **A MENTOR IS SOMEONE YOU CONSIDER AS A GODLY ROLE MODEL**

Since a mentor has faced their own hang-ups, demons, questions, and life journey, they can effectively support you when you can't always see it for yourself.

### **A MENTOR IS SOMEONE WHO LISTENS TO YOU AND PROVIDES YOU WITH TRUSTED ADVICE**

Given the depth of knowledge and work by your mentor, they can offer objective input, as well as ask tough questions, to assist you in reaching your personal and spiritual goals.

### **A MENTOR IS SOMEONE WHO EMPOWERS YOU TO MAKE POSITIVE CHOICES.**

We all face decisions in life. Some decisions are easy, while others may take careful consideration. Mentors empower youth to consider outcomes and repercussions

### **A MENTOR ENCOURAGES YOUTH TO TAKE OWNERSHIP IN THEIR SPIRITUAL LEARNING.**

By achieving and maintaining mental, physical, and spiritual balance, a mentor sets the groundwork for you to do the same.

The best learning comes from doing, not through lectures. Mentors should help youth seek challenging tasks and push themselves to develop new skills. The goal is for young people to become their own best coach – whether on the course, at school, at home or in life.

### **A MENTOR HELPS YOUNG PEOPLE DEVELOP LIFE SKILLS.**

Setting attainable goals, overcoming challenges, learning techniques to manage thoughts and emotions – these are skills youth need to learn and apply to all aspects of life. Caring adults can help young people practice these techniques and provide encouragement.

### **A MENTOR STRENGTHENS INTERPERSONAL SKILLS AND PEER RELATIONSHIPS.**

Mentors can model and encourage youth to appreciate diversity and show respect to oneself, friend, playing partners and fellow competitors.

Parents have a huge impact on the lives of their kids and the kind of person they grow into being. We know this from our own experience and studies have been done that prove this.

However, positive role models can also have a huge impact on us, as we are growing up and discovering who we are and where our passions lie.

Mentors do not take the place of parents and parents do not take the place of mentors. Each has a unique job that can enhance a young person's life as they are discovering who they are and what life means to them.

### **WHAT IS SPIRITUAL MENTORING?**

- Spiritual mentoring is a dynamic relationship of trust in which one person helps another to maximize the grace of God in his or her life.
- Mentoring is intentional... the goal is foster a new relationship that will help guide our youth toward a relationship with God.
- Mentoring is not trying to fix people, give advice, solve problems, or therapy. .

### **How to Find a Mentor**

*Ask God...*

Start by asking God to provide the right person. Pray for your child and with your child about finding the right mentor. Pray for three people that could potentially mentor your child.

*Seek out qualified mentors...*

Mentors should be screened prior to mentoring your child.

*Get advice...*

Talk to someone about your potential mentor options.

## Mentor

### 1. Be Consistent.

- Make sure you show up to your meetings on time and ready to go.
- Maintain healthy boundaries and be clear with them.

2. Be honest about who you are in order to gain mutual trust and respect and encourage them to do the same. There are so few places where youth can truly be themselves so this may be a challenge for them at first.

3. Let them lead the conversation with things they want to talk about rather than forcing a conversation.

### 4. Listen.

Truly listen rather than thinking of what you are going to say back to them. Use active listening to help them hear what they are saying and so that you can be clear about what they are trying to tell you.

5. Ask questions and then listen some more. Ask questions to find out more about them and then listen again.

6. Challenge them to do hard things. Encourage them to go outside of their comfort zone just a little so they can learn and explore.

7. When they come to you with a problem, help them explore it but do not solve it (or try to solve it) for them. Remind them that they can do hard things.

8. Learn from one another. Youth and adults are different. Always have been, always will be because of our developmental stages, and that doesn't mean that we can't learn from one another. Share what makes life meaningful to you, ask them what makes life meaningful to them. What are they passionate about? Who do they admire? Where do they want to travel? What do they want to see or experience?

9. Show up to important events and support them.

10. It's not about you and how busy you are or what you are going through in your personal life. It is about the youth and walking with them.

11. Have fun together – most teenagers don't have an adult they can have fun with on a regular basis. Maybe their parents or extended family, but so much of family life is about doing homework, going to practices, going to events, etc. that simply having fun together will be new.