

# Everyday Mentoring Workshop Modules



**EVERYDAY MENTORING WORKSHOPS** are designed to meet the needs of your organization by enhancing the skills your volunteers already exhibit. Everyday Mentoring workshops are centered around a standard core training which can be customized with additional modules tailored to your needs.

## **STANDARD CORE MODULES:**

### **UNDERSTANDING THE IMPORTANCE OF CARING ADULTS IN THE LIVES OF YOUTH**

In today's world, many youth grow up without having any adult they can turn to for support and guidance. This module introduces the critical need for caring adults in all areas of young people's lives—at home, in school, and within the community.

### **LEARNING WHAT EVERYDAY MENTORING MEANS IN REAL LIFE**

What are mentor-like characteristics and what can adults do to positively impact kids? This module answers these questions by exploring participants' personal mentors and experiences with youth. Participants will also be introduced to the Search Institute's Developmental Relationships Framework.

### **EXAMINING STRENGTHS AND WEAKNESSES IN FOSTERING RELATIONSHIPS WITH YOUTH**

Using the Search Institute's new Developmental Relationships Framework, participants will conduct a self-assessment of their relationships skills with youth. The goal is to identify and reinforce existing strengths, while encouraging reflection in areas of potential growth.

### **IMPROVING LISTENING SKILLS**

Becoming a good listener is a lifetime endeavor yet something we rarely if ever practice. This module gives participants the opportunity to brush up on their listening skills in order to improve their relationships with youth (and for that matter all the other relationships in their lives).

## **CUSTOMIZABLE MODULES:**

### **EXPLORING THE ORGANIZATION/PROGRAM'S ROLE IN BUILDING STRONG ADULT-YOUTH RELATIONSHIPS**

This is a natural follow-up to Examining Personal Strengths and Weaknesses for organizations that would like to brainstorm possibilities for promoting stronger relationships within their organization as a whole.

**Audience:** intermediate/advanced

### **ENGAGING YOUTH THROUGH INTERESTS AND STRENGTHS**

Youth who can identify a passion or "spark" have a stronger purpose, are more socially competent, get higher grades, and the list continues. This module focuses on how to help kids identify and encourage their sparks so they can thrive in school, future career, and life.

**Audience:** everyone



## **SETTING AND MAINTAINING GOOD BOUNDARIES**

Setting and maintaining good boundaries is essential for keeping both adults and kids safe, establishing trust, and providing a model for healthy relationships. This module explains common boundary problems and how to set personal boundaries within professional roles.

**Audience: everyone**

## **EXAMINING PERSONAL ASSUMPTIONS AND BIASES**

Wouldn't it be wonderful to view each young person as they really are and not through the distorting lens of our personal assumptions? While this may be an impossible dream, with conscious effort we can get closer. This module explores hidden assumptions and biases and how they can get in the way of building authentic relationships with kids. **Audience: everyone**

## **HELPING YOUTH WORK THROUGH CHALLENGES**

Helping youth work through challenges can be tricky. How do you help without taking over? Participants will identify common communication styles when responding to youth and learn an alternative method for responding that encourages youth to solve their own problems.

**Audience: everyone**

## **UNDERSTANDING CHALLENGING BEHAVIORS**

Youth who won't talk? Kids who won't sit still? Sullen. Disinterested. That's what we see, but what does it mean? Challenging behaviors can be difficult to understand. This module will help participants navigate the difficult times with compassion and insight while learning how to be more effective when these behaviors arise. **Audience: everyone**

## **PRACTICING ADVANCED COMMUNICATION SKILLS**

Work out your communication challenges in this interactive workshop where participants explore communication skills in a supportive environment. Try different communication strategies and feel both sides of a communication breakdown as you assume the role of the adult and the youth in scenarios based on participants' experiences. **Audience: intermediate/advanced**

## **AVOIDING BURNOUT**

Working with youth can be physically and emotionally draining and eventually lead to burnout if we're not careful. This module discusses the importance of self-care so that participants continue to bring their best self to work and all other areas of their lives. **Audience: everyone**