

## Mentor Enrichment Training Descriptions

"A Work in Progress": How Understanding Youth Development is Crucial When Mentoring. (Grades K-5)

Understanding the ages and stages of youth development can provide you with the framework to be an effective mentor. This session will help you understand where your Kindergarten through 5th grade mentee is coming from. This session will also look at new discoveries in brain research, gender differences in youth, and how these issues apply to you.

Denver Kids, Inc. will facilitate this workshop.

"A Work in Progress": How Understanding Youth Development is Crucial When Mentoring. (Grades 6-12)

Understanding the ages and stages of youth development can provide you with the framework to be an effective mentor. This session will help you understand where your middle or high school mentee is coming from. This session will also look at new discoveries in adolescent research, gender differences in youth, and how these issues apply to you.

Denver Kids, Inc. will facilitate this workshop.

### Adolescents or Aliens?

If you have ever worked with youth, have a child, or have spent any time with youth, you may have asked this question to yourself or to others. Humans experience a significant amount of brain development during the teen years.

- \*Hear about the latest research and find out how the adolescent brain differs from the adult

brain

- \*Learn how to connect more effectively with your mentee and make an even greater impact

in the life of an adolescent

- \*Discover how to overcome some key communication barriers that exist between adults and

youth

Goodwill Industries of Denver will facilitate this workshop

### Burnout FREE Mentoring

"When you cease to make a contribution, you begin to die." - Eleanor Roosevelt.

Burnout is NOT an option! Rejection, shattered expectations, non cooperation and no visible change define a part of mentoring for many of us. To rashly stop mentoring definitely doesn't serve your youth as research shows it lowers the mentee's self-worth. This workshop will help you to avoid the common trap of burnout addressing:

- \* Ways to re-energize if you are at the verge of walking away as a mentor

- \* What is the deeper cause and what you can learn from it

- \* Shift from the "wheel of burnout"™ to the "wheel of caring"™

YESS Institute will facilitate this workshop.

### Coaching Kids Effectively

Mentors are coaches. So one of the most common questions is "How do I coach effectively?" This lesson is designed to support mentors in quickly beginning to feel competent at providing powerful coaching to young people. In this class you will learn

- \* The 5 Fundamentals of Great Coaching
- \* How to Reinforce Behavior that Works
- \* How to Give Advice That Gets Listened To
- \* How to deal with Breakdowns and Problem Behaviors

Colorado Youth At Risk will facilitate this workshop.

#### Getting Powerfully Related To Young People

How do you get young people to talk to you? How do you get them to listen to you? This lesson is designed to support mentors in getting powerfully related to young people so they can work effectively as coaches. In this class you will learn

- \* The Framework of Success for Mentoring
- \*The power of relationship-based mentoring
- \*How To Get More Powerfully Related to Your Youth
- \* How to have your youth listen to what you have to say

Colorado Youth At Risk will facilitate this workshop.

#### Getting the 411: Communicating with your Mentee

Good communication skills are the foundation of a healthy mentoring relationship. But communicating with your mentee can be challenging, and sometimes just getting them to open up and talk can feel like pulling teeth. In this workshop weâ€™ll explore:

- \*How young people develop communication skills
- \*Barriers to good communication
- \*Tips for getting young people to open up
- \*Key listening skills that make a difference

Big Brothers Big Sisters of Colorado will facilitate this workshop

#### Going for the Great Goals: Steering Your Mentoring Relationship in the Right Direction

Are you running out of creative ideas for activities? Wondering where your relationship is headed? Come to this workshop to learn about how setting goals can enrich your mentoring relationship and steer you in a positive direction. Join other mentors to talk and share about:

- \*Formal and informal methods of goal-setting
- \*How to use goals to plan activities and spend intentional time together
- \*Goal-setting conversation starters and discussions

Big Brothers Big Sisters of Colorado will facilitate this training

#### It's Never Too Early to Prepare for the Future!

Too many students wait until the very last minute to prepare for life after high school. Learn what you can do to start your mentee off on the right foot towards a bright future now instead of later. Through the use of practical planning tools, mentors will learn how to become a skilled college and career resource for their students.

Goodwill Industries of Denver will facilitate this training.

### Kids Say the Darndest Things

What happens when your mentee discloses difficult questions where there is no wrong or right answer? This workshop is designed to help you discover ways to help students navigate and problem solve in their daily life. Find out how to empower your students to create healthy pathways for their future. This workshop will give you hands-on and interactive skills you can walk away with:

- \*A challenging and overarching look at the relationship between the mentor and mentee.
- \*5 interactive demonstrations with topics that your student may deal with on a daily basis.
- \*Demonstrations will include productive and non-productive ways to handle difficult questions.
- \*You will be given a "cheat sheet" with ways you can coach your mentee leaving them empowered.

Goodwill Industries of Denver will facilitate this workshop

### Mentors are from Mars: Mentees are from???

Having trouble understanding where your mentee comes from? Do you often feel like the differences between the two of you are getting in the way? Come to this training to learn more about cross-cultural mentoring and how you can learn to respect and value all the things that make your mentee unique. We'll talk about some of the challenges of cross-cultural mentoring including:

- \* Youth culture
- \* Racial/ethnic differences
- \* Socioeconomic differences

Please join us for an interesting and informative discussion.

Big Brothers Big Sisters of Colorado and Denver Kids, Inc will facilitate this workshop.

### Mentoring for Magnificence

Discover how to see and bring out the magnificence in your young person. Learn how to support them in becoming more resourceful and competent. In this class you will learn:

- \* The Framework of Success for Mentoring
- \* How to listen for and speak to your youth's brilliance,
- \* How to deal with their problems from an empowering perspective.
- \* How To support your youth in being more resourceful

Colorado Youth At Risk will facilitate this workshop.

### Nothing to Be Nervous About: Difficult Conversations

Need to say something but feel nervous and stuck? Not sure if you should bring it up? Worried it will harm your mentoring relationship? Come learn how to have those difficult but necessary conversations with your mentee and mentee's family that help to prevent future conflicts. This workshop will cover effective strategies and the language you can use when handling conflicts that honor everyone involved and enrich and strengthen your mentoring relationship.

Big Brothers Big Sisters of Colorado will facilitate this workshop.

### The How-To-Build-Trust Workshop

Trust is the core root of a successful mentoring relationship! This workshop addresses the practical how-to of building trust and the affect it has on your influence as a mentor.

- \* Learn and practice strategies to build and keep a trusting relationship
- \* Understand what being trustworthy does to the esteem of your mentee
- \* Shift from a "vertical" to a "horizontal" relationship

"Trust men and they will be true to you; treat them greatly, and they will show themselves great." - Emerson.

YESS Institute will facilitate this workshop.

### Turning Breakdowns Into Breakthroughs

Discover a powerful process for turning breakdowns into opportunities for change and learning. Find out how to deal with behavior that isn't working in a way that can create breakthroughs. Breakdowns occur in all mentoring relationships. Learn how to look forward to using problems and issues as an opportunity for growth.

Colorado Youth At Risk will facilitate this workshop.

### Setting Boundaries by Mastering Confrontation

Actions speak louder than words. Boundaries are primarily created through behaviors that you allow or do, especially for youth. Confrontation and setting boundaries go hand in hand. Through this workshop, you will:

- \* Gain insight into the hierarchy of written, spoken and behavioral agreements
- \* Practice language to confront your mentee and set stronger boundaries
- \* Shift your perception towards confrontation as "an act of caring."

"You can't talk yourself out of a problem, you've behaved yourself into. You can only behave yourself out of it" - Covey.

YESS Institute will facilitate this workshop.

### Welcome to my Crib!

How do you relate to a mentee who has a very different background from your own? This training is designed to help mentors:

- \*Better understand the young people they are working with by addressing the  
broad social and environmental issues that impact our urban youth
- \*Learn more about youth culture and diversity through role playing
- \*Appreciate the impact of their mentee's familial relationships and social networks
- \*Practice the skills they will need to promote open communication with their mentee
- \*Recognize the impact of poverty on many urban youth and the effects of adolescent  
development

Goodwill Industries of Denver will facilitate this workshop

## You Can Run but You Can't Hide: Managing Conflict Effectively

As much as weâ€™d like to avoid conflict, it is a natural part of life and relationships, including mentoring relationships. Not knowing how to say those difficult things can keep conflicts going and eventually damage the health of our match. Join us at this workshop to learn about:

- \*Personal conflict styles
- \*Underlying causes of conflict
- \*Strategies for saying difficult things without damaging the relationship
- \*Steps for resolving conflicts

Big Brothers Big Sisters of Colorado will facilitate this workshop