



# MENTOR

## CENTRAL OHIO



MENTOR Central Ohio provides trainings and consulting for mentoring program staff. While MENTOR does not offer direct mentoring services, we guide and support organizations in Ohio to strengthen mentoring programs.

### Adult and Mentor Workshops

#### Making of a Mentor/Relationship Building

- Learn ways to build rapport and overcome barriers.
- Practice communication skills to build your mentoring relationship.
- Understand different life experiences and effects of trauma on youth.

#### Trauma Informed Mentoring

- Recognize how to identify trauma and its impact on our community.
- Address why trauma has no limits with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation.
- Learn ways to help your mentee develop resiliency.

#### Diversity, Equity, and Inclusion: Cultural Humility

- Explore and reflect on personal bias(es).
- Recognize the impact of bias(es) on relationships.
- Create a personal plan to become an advocate for diversity.

#### Self-Care

- How to take care of yourself as you are taking care of others.
- Identify what causes stress in your life.
- Learn strategies to manage stress/anger to share with your mentee.

#### Social Emotional Learning

- Social Emotional Learning is (SEL) the process through which children and adults understand and manage emotions.
- Identify different areas of SEL and ways for your mentee to grow.
- Develop goals for how to support your mentee with SEL development.

## 2020 Summer and Fall Workshops

### Interactive Youth Workshops

#### Making of a Mentee

- Prepare youth how to successfully participate in a mentoring program.
- Understand the role and benefits of having a mentor.
- Practice key communication skills that help develop friendships with mentors.

#### Decision-Making: It's My Choice

- Explore how decision influence your attitudes, behavior, and future.
- Discover how to take control of your decisions.
- Learn how your response to situations can determine its outcome.

#### Financial Literacy- Money Management

- Learn basic financial terms and how to manage your money.
- Experiment with tools that will help you be responsible with your money.
- Practice developing a budget and the importance of saving

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