

GENERAL TIPS *for* MENTORING RELATIONSHIPS

The process of starting these relationships sometimes requires us to step out of our comfort zone. Asking someone to be your Mentor/Mentee is often a life-changing moment.

Follow the process and conversation framework of "Four Square Mentoring: Spiritual Fruit" to establish your relationship and get to know each other on a deeper level.

Cultivate a humble and teachable spirit within yourself.

Don't be overwhelmed - you can't know and understand everything there is to know about mentoring before you begin.

Pray for the person you mentor and ask the Lord how you can help move her forward.

Pray together.

Practice vulnerability, share your story, be honest about your own struggles, this creates a bond.

Continue seeking resources to prompt deep conversations in areas of interest and choose materials to read and discuss.

Consistently invest your time and energy into each other.

Understand that this is a two-way relationship where both sides learn and grow.

Schedule weekly or bi-weekly connections that begin and end on time.

Do not try to fix the issues that are discussed.

Practice active listening and listen closely.

Listen more than you speak.

Commit to a time frame that you both are comfortable with. You may start out with 6 months or a year commitment and after that pray and commit to the next amount of time if you wish to continue the relationship.

Limit distractions while you're together.

Be willing to give wait time in conversations - we tend to want to fill silences.

Talk about and implement mutual boundaries.

Discuss and be clear about expectations, this helps avoid disappointment and offense later on.

Don't forget to schedule playtime into your calendars as well! This is casual time together doing something fun. Try something new together, something out of your norm. Adventures are a powerful way to bond.

Continually refresh your vision for mentoring and share it with others.

Invite each other into your homes, this creates intimacy, context and trust.

Cultivate an interest in each other's passions.

Remember that sometimes the cost of Mentoring is high, but the value is even higher.