



MENTOR
INDEPENDENCE
REGION

Building Your Dream Team: How to Find and Make the Most of Mentors



In this interactive workshop, mentees learn how they can **identify the right mentors** for their intended goals, how to set **healthy boundaries** within a mentoring relationship, and lastly, how they can **maximize their mentor-mentee relationship** to its full potential.

This multi-media experience uses celebrity videos, text polls, and hands-on activities to help participants answer questions such as “What role does a mentor play in a mentee’s life?” “Where can I find good mentors?” and “How do I ask someone to mentor me?”

Participants will:

- understand the value of having a mentor
- identify people who may be good mentors for them
- learn to make the ask and maintain a healthy, positive relationship

Length: one hour

Intended audience: youth aged 12-25 and adults new to mentoring

Capacity: maximum of 25 participants

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