



MENTOR
INDEPENDENCE
REGION



Mentoring 101: How to Be an Effective Mentor

Get the skills and strategies you need to be an effective mentor!

Participants said:

“I was a bit skeptical prior to this but this training has given me great perspective and insight into mentoring.

“Speakers were GREAT! Workshop was very informative.”

“Thank you; I learned a lot of new concepts.”

In this comprehensive & interactive training, participants will:

- Understand and apply **research-based best practices** on mentoring
- Understand and gain strategies for **navigating the stages of a relationship**
- Understand how to **create a supportive environment**, including
 - applying positive **communication skills**
 - strategies for developing a **growth mindset**
 - developing and maintaining **healthy boundaries**

Length: two or four hours

Intended audience: mentoring program staff, current and future mentors

Capacity: 30 participants

For more information contact Adelaide Moschler at
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