



Nora Plesent



THE MAGIC OF MENTORING

“IF YOU WANT TO LIFT YOURSELF UP, LIFT UP SOMEONE ELSE.”

– BOOKER T. WASHINGTON

You are invited to participate in a four session customized wellness and stress management program for mentors who have willingly and generously offered their time to support the wellbeing and advancement of others.

The course is designed for you to:

1.

Become calmer, clearer and more connected.

2.

Solidify your intention to mentor and focus on the benefits of mentoring.

3.

Share with other mentors how you have grown as a result of mentoring.

4.

Learn critical and powerful stress management tools and techniques.



You will be given time to breathe, reflect and acknowledge yourselves for the work you do and the people you are.

Our focus will be on being a **M.E.N.T.O.R!**

M -**MEANING**; What does being a mentor mean to you? How do you create meaning in this and other life experiences?

E -**ENGAGE**; Why is engagement key? What is required of you to truly engage?

N -**NURTURE**; We know that you are amazing at giving of yourself but how do you make sure you are nurtured as well?

T -**TRUST**; How important is trust in the mentoring relationship? How does trusting oneself strengthen that?

O -**OPEN**; Is being open a challenge for you? How might becoming more open, even vulnerable, positively impact a mentoring relationship?

R -**RECEIVE**; Are you comfortable receiving as much as giving? Does being in a mentoring relationship offer an opportunity to grow, both of you learning from one another, receiving as well as giving?



You will leave feeling inspired, empowered and in touch with your own inner wisdom.

“YOU CANNOT TEACH A MAN ANYTHING. YOU CAN ONLY HELP HIM DISCOVER IT WITHIN HIMSELF.”

- GALILEO GALILEI