

Grand Area Mentoring / 435-260-9646

## Supporting Self-Confidence

### Let's Redefine Value!

A 25-year longitudinal study by the University of Florida found that self-confidence impacts life path and rates of success. That's no surprise. According to a Gallup publication<sup>1</sup> by Tom Rath and Barry Conchie, "people with higher self-confidence in 1979 ended up with higher income levels and career satisfaction." What shocked researchers was the magnitude of the impact. After 25 years, the more confident group, on average, made almost \$13,000 more per year than their less confident peers.



More interesting yet, the group with higher self-confidence early in life enjoyed much better health as well. "The group with low self-confidence in 1979 reported almost *three times* as many health problems 25 years later in 2004. Almost unbelievably, the group with high self-confidence in 1979 reported having *fewer* health problems in 2004 than they did 25 years before."

The implications for our society are staggering. Findings suggest boosted self-confidence could help lift children up toward economic and personal health later in life. Rath and Conchie note, "people who are aware of their strengths and build self-confidence at a young age may reap a 'cumulative advantage' that continues to grow over a lifetime."

How can you help your mentee, who may struggle in multiple domains at school and at home, begin to believe in himself?

We need to redefine achievement for children who may be too familiar with failure. *To encourage value and worth, we must celebrate strengths.* Everybody has unique strengths, abilities, and interests. Point to your mentee's talents. Touch on them again and again. Help your mentee feel powerful with her own native skills, whether they lie in art or music or dance or being a good communicator or writing or sports.

By pointing out your mentee's strengths, you will equip them to solve problems at home, school, and work. Leaning on natural strategies, rather than flailing at weaknesses that promise little reward, will help your mentee invest more valuable and efficient efforts in life. Just think: boosting your mentee's confidence now may have an impact for decades.

1. Rath, Tom; Conchie, Barry. Strengths Based Leadership. Gallup Press, New York, NY. 2008



Sara & Eliana



**Advanced Mentor Training:**  
**12 Trust Bridges**  
*with Holly Long of Four Corners*

This 12 Trust Bridges training will help participants understand how to foster trust with mentees, family members, and themselves. Trust level within a relationship is a predictor of relationship quality. Holly Long, clinical director at Four Corners, will join us to share her experience and techniques in helping at-risk youth. November 17<sup>th</sup>, 4:30, HMK Room 141.

- Join us to grow as a mentor and as a person!



***This Month in Mentoring***

- **November 1: Books for Mentees Begins again!** See back for more!
- **November 17, 4:30-5:30, HMK Rm 141: 12 Trust Bridges with Holly Long.** See info above.
- **November 19, 10-11:30AM, HMK Rm 263, Beacon-sponsored training: Working with students with special needs.** Special Education Director Sherrie Buckingham will present techniques to help you reach students with diverse learning styles.
- **Entire week of November 23-27: Thanksgiving Holiday.** No mentoring.

## Grand Area Mentoring

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## A Free Book for Your Mentee... ROUND TWO!

Back of Beyond and Desert West Office Supply have renewed the program that provides free books to GrandAM mentees! This is a program designed to spread the love of reading and the benefits of literacy to our community's promising youngsters. For many of our mentees, this will be a rare opportunity to choose a book at their reading level and area of interest – whether that's middle-grade, graphic novels, young adult, or picture books. Back of Beyond has a great selection of titles for all ages and interests.

### How it works...

- 1) To participate in the Books for Mentees program, mentors must pick up a book voucher at the Grand Area Mentoring office.
- 2) Once issued by Dan or Megan, these vouchers are good for book(s) at Back of Beyond, valued up to \$15. Then mentors and students can plan an off-campus outing to the bookstore with another match. Tell Megan when your plan is complete. Call or text her at: 435-260-9645.
- 3) During your off-campus outing, carefully venture down to Back of Beyond Books and browse their awesome selection. Don't forget to bring the voucher, which

## Idea of the month: Use the Gym

Almost every school in Moab has a gym that may be available for you to use over the colder months. We encourage you to try new activities and team up with other matches to play in the gym. We offer an activity idea below.

However, first we want to remind you about a few guidelines (which may vary from school to school):

- Bring Grand Area Mentoring equipment to use and let PE supplies lie where they are, unless you have special permission from the PE teacher.
- Please leave food and drink outside of the gym.
- Use only equipment that will not damage projection equipment, floor, or windows. Make sure your shoes are clean.
- Sweep the floor, dispose of dirt in trash, and tidy up after yourselves.

If the gym is scheduled for another group or class, it won't be available for mentors. Sorry, but some practices can only take place in a gym, whereas mentors and students have the whole campus to use for play!

Now, on to the fun idea...

## JUST DANCE!

Materials: Portable CD player/stereo (please don't use the sound equipment in the gym unless supervised by a teacher)

Aerobic dance is a lot like Zumba! It's an enjoyable and energetic way to get fit.

Directions: Choose music that has a clear beat and rhythm. No jazz or symphonies here! The music should last about 10 or 20 minutes. Start by walking in place to the music for a warm up. If you don't know any dance moves, you can jog in place, jump forward and backward, hop on one foot and then the other, and do jumping jacks to the beat. Put them all into a sequence that you can repeat. Consider watching an aerobic dance or zumba class online. Add your own interesting moves. Ask your mentee to come up with new stuff. Laugh and have fun!



must be turned in for redemption. Help your mentee look around at the various sections of the store. Explain the difference between fiction and non-fiction. Encourage her to choose books that SHE likes. Help her do some mental math to make the \$15 voucher go as far as possible.

Whatever books you help your mentee choose will be hers to take home, to own – no catches, no obligations. She can read and re-read it and put it on a shelf as a reminder of the fun to be had in the world of books. Please thank Back of Beyond owner Andy Nettle and Desert West Office Supply for sponsoring this excellent program. Let's help our kids have fun with books!

Winter is the perfect time to snuggle into the bookstore and spread the gift of literacy. Don't miss out on this awesome opportunity! Plan today. Feel free to call us with questions: 260-9645.