

Grand Area Mentoring / 435-260-9646

Friendship



Bradia, Evelyn, and Andy

New Book Club for Mentors

MENTOR, the National Mentoring Partnership, has released its brand new guide for mentors: *Becoming a Better Mentor*. This excellent book goes through the elements of improving your mentoring relationship. It's available free here:



www.mentoring.org/resource/becoming-a-better-mentor/



Advanced Mentor Training: Strategic Self-Disclosure w/ Nan Marquardt, PhD

Providing details about your life can help a mentee relate to you, trust you, and learn from your experiences. Not everything is fair game for sharing though! Veteran trainer Nan Marquardt will cover some of the literature and best practices in self-disclosure. Come learn some of the best ways counselors, therapists, and paraprofessionals connect with their clients. Mark it on your calendar and look for the Zoom link on email.

February 23rd, 5-6pm, via Zoom!

You are invited to join Grand Area Mentoring in reading four select chapters through May, one per month. We will gather on Zoom to discuss each. Club meetings will last 30-60 minutes. Chapters include:

- **February 10, 5pm:** Chapter 1, Providing Emotional Support and Empathy
- **March 23, 5pm:** Chapter 4, Attunement in Mentoring Relationships
- **April 21, 5pm:** Chapter 8, Honoring Youth Voice and Building Power
- **May 10, 5pm:** Chapter 11, Effective Conversations about Behavior Change

This is your chance to engage expert content in conversation with your fellow mentors. It's written by leaders in the field and full of real-world advice and evidence-based strategies. Learn about core mentoring skills, key principles, and critical practices, such as:

- mindsets and attitudes that lay the foundation for a strong mentoring bond
- basic information about youth development and typical mentoring relationship progressions
- critical skills and competencies to meet the needs of youth.

Join us February 10th, 5pm, via Zoom to chat about Chapter 1, which covers a fundamental of mentoring – empathy! This is why many people got into mentoring in the first place, a heartfelt compassion for the those facing daunting challenges.

Please mark these dates on your calendar and look for a link on your email or contact us for details.



This Month in Mentoring

- **Feb 10, 5pm: Book club, Chapter 1, Providing Emotional Support & Empathy.** Via Zoom. Look for the link on email. (See info @ right.)
- **Feb 18, Feb 21: No school.**
- **Feb 23, 5-6pm, via Zoom: Strategic Self Disclosure w/ Nan Marquardt.** Sharing about yourself can be a gateway to stronger relationships. Join us to hear more from Nan Marquardt, PhD, on how you can strengthen the mentoring bond by strategically telling a mentee about yourself. (See box above.)

Grand Area Mentoring

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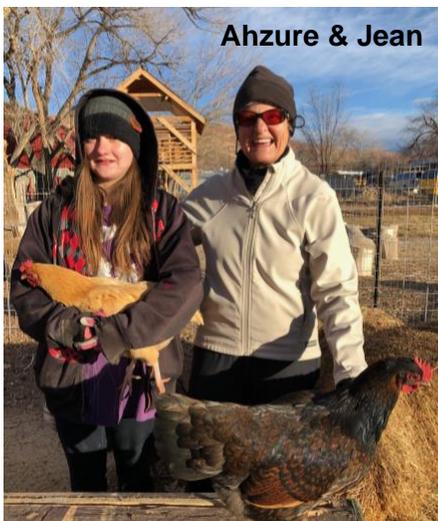
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Briniya, Khloe, & Linda



Ahzure & Jean



Jonathan & Miriam

Community-Based Mentoring (and off-campus mentoring) Idea of the Month #1: Boulder at Lions Park!

Climbing things is as natural to humans as breathing. That's why toddlers clamber up all kinds of scary objects and why people scale the cliffs around Moab. There is a place where you can bring your mentee (and a good deal of caution) to climb – the Moab Boulder Park at Lions Park! Three unique blocks offer a multitude of climbing options from easy to difficult. Please talk to your mentee about risk and possible injuries, ask them to take falling to the padded ground seriously, scout the downclimbs, spot them as they boulder, and help them land safely. HMK pairs could bike there. Use the crosswalk and bike path.



Get parent permission to visit the boulder park

Mentoring Idea of the Month #2: Do Something Extra!

You do all the right things – you show up on time, you trumpet your mentee's strengths, you follow through on your commitments, and you bring a good attitude. Nice work! You are making a difference.

Now consider doing just one extra thing this month to show that you care. You might:



Send them a letter in the mail



Plan a fun community outing



Surprise them with a special meal for lunch



Leave a card of appreciation on their desk



Bring a picnic to mentoring



Send a letter to their parent telling them about your mentee's progress



Bring in a magazine to share on a subject that your mentee enjoys

Mentoring Idea of the Month #3: Sign up for City Market Community Rewards!

Grand County Education Foundation just awarded Grand Area Mentoring a \$3,000 grant! The foundation gets a significant portion of its funding from the City Market Community Rewards program.

If you register your membership card, a percentage of your spending at City Market goes right into the foundation's coffers to be invested in things like mentoring and other worthy causes. It's easy! And it's free!

Register here:

<https://www.citymarket.com/>

1. **Sign in** (or create an account)
2. Under your name, choose **My Account**
3. At the bottom of the menu, select **Community Rewards**
4. Type in **Grand County Education Foundation** (City Market has it listed as Moab, CO but that's ok; it goes to the foundation!)

That's it! Let your money do good!