The Art of Motivating

Learning goals:

Mentors will learn specific skills they can use to help motivate mentees that are frustrated and overwhelmed.

Mentors will begin to empathize with their mentees as they imagine themselves saying “it’s too heavy” about certain aspects of life (e.g. taxes).

Schedule of events:

6:00-6:10 Each participant signs in, gets a notecard, nametag (depending on the size of the group), food/drink, and a seat. Small talk and get to know the group for a few minutes while everyone gets settled.

6:10-6:20 Everyone introduces themselves, where they’re working, and a little bit about their experience so far as a mentor. Then, everyone in the group shares one thing about life that they find to be annoying and/or difficult.

6:20-6:25 Watch the video, “It’s Too Heavy” and ask participants to write on their notecards two answers to two questions: How does this movie apply to mentoring? How does the father motivate/encourage his daughter?

6:25-6:35 Facilitator writes the responses onto a big post it note and initiates a conversation about the responses. (Take notes while people are talking and make connections/observations throughout the conversation. Attach these notes to “thank you” email after the event.)

6:55 Close the event and leave some room for goodbyes and final thoughts. “Thank you for coming tonight and for your commitment to mentor youth in (insert location)!” Some mentors may have additional questions for continued conversation after the event has finished.