

MENTORING: A WORKSHOP

Note to the facilitator

I have tried to make this workshop user-friendly. Please feel free to change any or all sections. Mentoring has been around for a long time and is a wonderful opportunity to develop and share our gifts.

If I were presenting this workshop, I would probably use a flip chart or blackboard, however, I have included a page that could be duplicated for each participant. The ***bold italicized*** sections are for the facilitator to read aloud to the group. The remainder is information for the facilitator.

When I began to put this together, the word “MENTORING” jumped off the page! What an obviously politically incorrect word! Odysseus, hired a trusted family friend, Mentor, to teach/tutor his heir/son, Telemachus, how to “king” while his father was off fighting the Trojan War. So, we leave the word alone (or not)!!

Opening Prayer

Be still within and without.
Let us place ourselves in the presence of the Lord.
God is here with us now.
Let us pray together:

(all read together)

Father, Creator God, Who formed us in Your image and gifted us,
Jesus, Saviour God, Who came and walked with us and showed us the way,
Holy Spirit, who inspires us and gives us courage to be all that we can be,
we ask that You bless us today as we come together, to prayerfully discern
our gifts and open our hearts to your invitation to use these gifts as
we continue to journey as members of the League, in our service to God
and to all of God’s people.

Glory be to the Father, the Son and the Holy Spirit; as it was in the
beginning, is now and ever shall be, world without end, through Christ, Our Lord. Amen

Introduction: Welcome everyone; explain that you would like participants to work in groups of three or four. Have them introduce themselves to each other by saying: Hi, my name is _____ and I am pretty good at _____. Give them a couple of minutes and then continue.

Briefly tell a (true) story of a mentoring experience from your past: e.g., grandmother and quilting group (what they shared, what you learned), teaching someone how to drive/knead bread/sing in harmony. Once you have told your brief tale, do the following:

Activity One: Have participants, in groups, identify a time when they were mentored. Who mentored them? What did they learn? Allow five minutes and then ask for two or three stories for general sharing.

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Facilitator: *We have all been mentored and all of us, even without knowing it, have probably done some mentoring.*

(The following could be written on a flip chart. It is on the handout for participants.)

All read together:

Mentoring has been defined as a sustaining relationship between two people; the mentor is an experienced and trusted advisor; the MWIBM* is one who is seeking guidance, encouragement and knowledge, while maintaining responsibility for one's own path.

Mentoring is:

- an opportunity to share and to experience
- an opportunity to teach and to learn
- an opportunity to encourage and to be encouraged
- an opportunity to nurture and to be nurtured
- an opportunity to enable and to be enabled
- an opportunity to develop and share God-given gifts

Facilitator: *In most of our life stories, our mentors were our mothers and fathers, the parish priest and our friends. In the Christian community, the ultimate mentor is Jesus. The old and new testaments are full of stories of mentoring, e.g., Mary and Martha.*

Activity Two: In groups of three or four, have participants identify two specific stories or situations in the bible that demonstrate mentoring. Explain the situation, and what was shared or learned. Allow five minutes, then three minutes for general sharing.

Facilitator: *The concept of mentoring is best described by the term “discipleship.” A disciple is one who strives to become Christ-like, a servant, a steward, loving and engaged in fulfilling the Great Commission, to make disciples of all nations.*

Christ calls us to a relationship with himself, but also into relationship with others. God has gifted us, and now asks us to “cast out into the deep,” to be mentors to others. The gifts he has given us enable us to do so. Some of us sing, others dance; some are excellent listeners, and some bake wonderful bread.

Activity Three: Have participants write down a list of at least five of their gifts. Allow three minutes.

Facilitator: *And now, on the count of three, I want each of you, together, to read aloud, the list you have just written. One, two, three...*

These are some of the gifts you have been given by the Creator God, who now asks you to use these gifts – his gifts to you – in service to others.

Facilitator: *I am now going to ask you to use some of your gifts by responding to the following requests for help.*

Beforehand, select four of the following to use in the next activity. Write the four situations down on the flip chart or display them on an overhead projector...do four and then ask the participants to identify:

- the goals of the relationship
- the time it will take to satisfy the situation
- whether this is mentoring

Please raise your hand:

1. *I am looking for someone to teach a young mother to bake bread.*
2. *An elderly woman would like someone to help her write her family history.*
3. *A young émigré would like to learn to speak better English.*
4. *Someone is recovering from cancer surgery, and wonders if anyone would like to walk with her three or four times a week.*
5. *A family has moved into the parish, and the mom would like to join a woman's group.*
6. *There is a funeral at the church and sandwiches are needed.*
7. *An elderly gentleman needs a ride to his dentist appointment.*
8. *The parish needs someone to help with sacramental preparation for seven-year olds.*
9. *"Ethel" has just accepted the position of Christian family life standing committee chairperson (or other standing committee) and she is a relatively new League member.*
10. *"Olive" has just been diagnosed with cancer and needs someone to talk to.*

Facilitator: *What role does trust play in each of the situations?* Have participants discuss for two minutes and then give two minutes for responses to the large group.

Activity Four: Mentoring in the League (general sharing)

Discuss the following questions, one at a time. Read questions, control time limits, and write appropriate responses on the overhead or flip chart.

1. *Is mentoring a part of the "League Story"? If yes, when? How?*
2. *How could mentoring be used in parish councils? (new members, new executive positions...)*
3. *How can mentoring be used at other levels of the League?*

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Facilitator: *Mentoring is a significant role; each of us face, or will face, situations in which we are called on to mentor, that is, to listen, to respond sensitively and to encourage. Jesus has asked us, has invited us, to “go into the vineyard,” to “come follow me.” Now the League asks us to “cast out into the deep.” Mentoring is part of our response. Creator God has gifted us and now we are given opportunity to develop and use that which we have been given. Let us prayerfully consider our response to “being gifted” and our response to Jesus’ invitation to “go into the vineyard.”*

Facilitator: Thank every one for participating. Close with the League Prayer.