



# MENTORSHIP

## The Power of Mentoring

### What is mentoring?

According to Mentoring Canada, "Mentoring" is when a trusted and experienced individual freely acts as a friend, advisor, coach, guide, teacher or role model to someone less experienced and in need of such a relationship.

### Did you know?

Humans have practiced mentoring in their daily lives, both formally and informally, for centuries.

According to a 2006 report presented at the Middle Childhood Matters Learning Summit, children who are involved in mentoring programs are:

- 53% less likely to skip school
- 46% less likely to start using illegal drugs
- 27% less likely to begin to use alcohol

### The Need for Mentoring Programs

Every person, young or old, needs a caring person in their life to help see them through tougher times.

Many people in BC have a supporter that they feel they can turn to in challenging times.

Unfortunately, those in greatest need of support, such as children and youth in unstable living situations, people new to Canada, or seniors, often do not have positive, responsible adults in their lives.

### A mentor is...

- A great listener
- Genuine and caring
- Patient and kind
- Fun and outgoing
- Encouraging and motivating
- Non-judgmental
- Loyal and committed

### Four Common Types of Mentoring

Mentoring has become more popular in recent years with the implementation of a variety of programs suited to individual needs.

#### #1 Educational or Academic Mentoring

The purpose of educational mentoring is to improve the mentee's academic performance, or teach the mentee information or skills.

- **Big Brothers Big Sisters of Canada** offers an In-School Mentoring Program. Here, mentors work in community schools for one hour per week during the school year with youth ages 6-16 to help build a child's self-esteem, through friendship, guidance and sharing.

#### #2 Career Mentoring

Career mentoring assists the mentee to gain the skills needed to start or advance their career. Career mentors may also train and support the mentee in the workplace.

- **YMCA of Vancouver** offers career mentoring opportunities for women. Women can be matched with female mentors for 3 to 6 months, building a 1-to-1 relationship that supports and jumpstarts their careers.



### #3 Personal Development Mentoring

Personal development mentoring supports the mentee during a difficult or stressful period of their life.

Personal development mentoring is also often aimed at particular groups of people, such as teenage parents, young offenders, or children in single parent families.

- **Kidstart Mentoring Program** is offered by the Vancouver-based non-profit organization PLEA. This service provides volunteers to work one-to-one with young people aged 12-17 who are on probation or diversion and are identified by probation officers or Vancouver Police Constables as being at-risk.

### #4 Cultural and Faith Based Mentoring

Cultural and faith based mentoring involves the sharing of values, customs and traditions of a particular culture, faith or group. For example, a number of Elder-Youth Aboriginal mentoring programs exist in British Columbia.

*"Self trust is the first secret of success"*  
Ralph Waldo Emerson

*"Mentor: Someone whose hindsight can become your foresight"*  
Unknown

### Mentoring Settings

- **Community Based Mentoring**  
Mentoring activities take place in a variety of different locations within the community.
- **School Based Mentoring**  
Mentoring relationships take place within a school or other educational institution.
- **Workplace Mentoring**  
Mentoring activities take place in a work environment.
- **Internet Mentoring**  
Relationships are developed via the internet.

### Why Become a Mentor?

There are a number of ways that people benefit from their work both as mentors & as volunteers. Mentoring gives people:

- **Contribution** by a sense of giving to their community in a meaningful way.
- **Gratification** in seeing to another person's positive personal growth. In this way they receive as much as they give.
- **Enjoyment** of engaging in positive, fun activities on a regular basis that also helps in reducing stress & living a healthy lifestyle.
- **Community** where new friends are made and a sense of connection is found.

#### FOR MORE INFORMATION PLEASE VISIT THESE RESOURCES:

- **BC Crime Prevention Association** [www.bccpa.org](http://www.bccpa.org)
- **Mentoring Canada** [www.mentoringcanada.ca/training/mentors/Modules/index.html](http://www.mentoringcanada.ca/training/mentors/Modules/index.html)
- **Big Brothers Big Sisters Canada**  
[www.bigbrothersbigsisters.ca/en/Home/Programs/InSchoolMentoring.aspx](http://www.bigbrothersbigsisters.ca/en/Home/Programs/InSchoolMentoring.aspx)
- **PLEA Community Services Society of BC** [www.plea.bc.ca/kidstart.htm](http://www.plea.bc.ca/kidstart.htm)
- **YWCA Vancouver** [www.ywcavan.org/index.cfm?Group\\_ID=3085](http://www.ywcavan.org/index.cfm?Group_ID=3085)