

**WHO ARE YOU  
HANGING WITH????**



# THE IMPORTANCE OF FRIENDSHIP

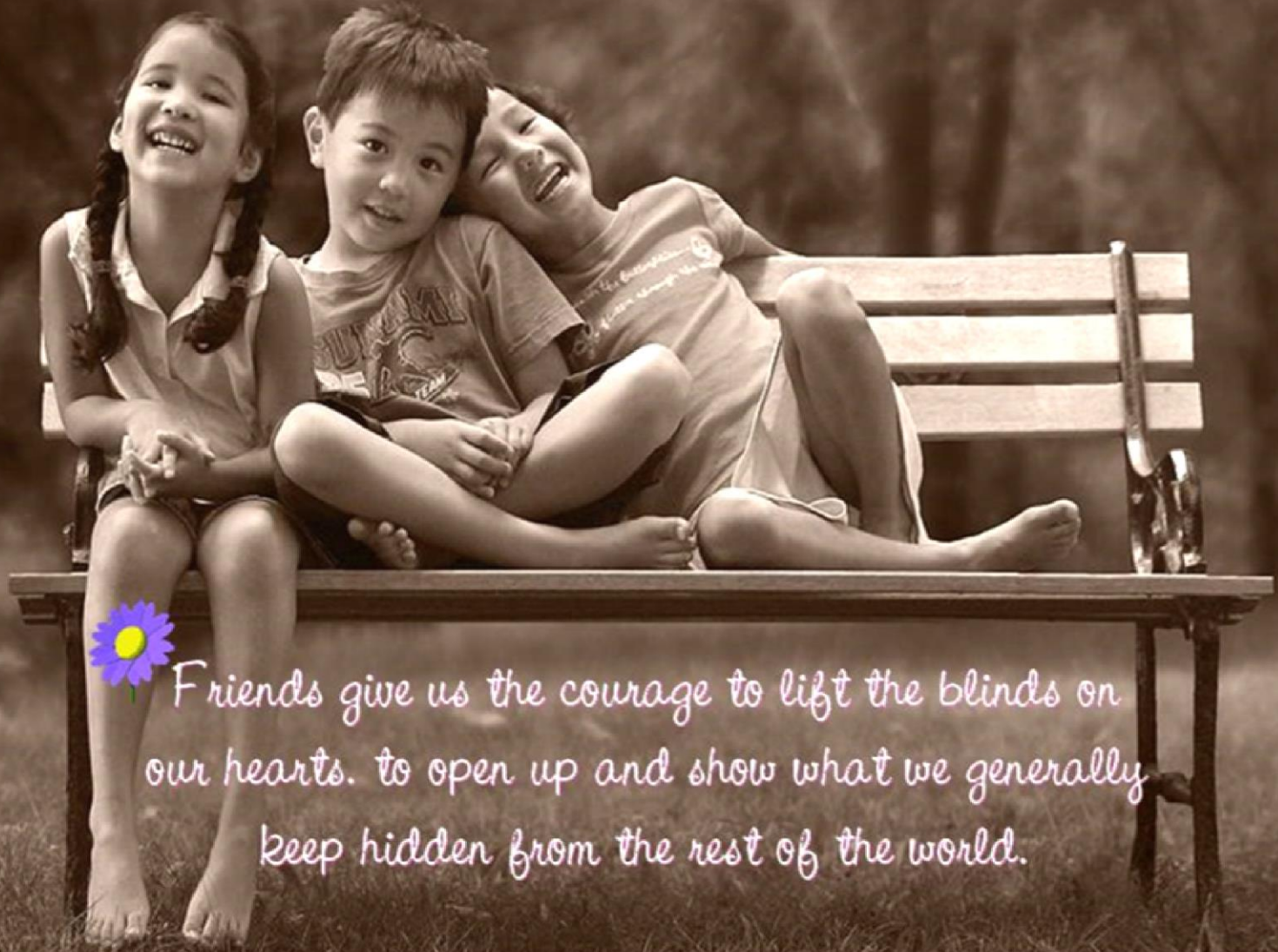
- *“Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.”*

— [Muhammad Ali](#)

# THE IMPORTANCE OF FRIENDSHIP

*"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow."*

— [William Shakespeare](#)



*Friends give us the courage to lift the blinds on our hearts. to open up and show what we generally keep hidden from the rest of the world.*



A friend is one who knows  
the song in your heart and  
can sing it back to you  
when you have forgotten  
the words.



**Have you ever considered  
how – over time – you tend  
to become more like the  
people you spend time  
with?**



**As you survey the array of relationships in your life, think about the type of people you spend time with.**

# So....who are your friends...?

## DO THEY

- challenge you to be better?
- call out your Better Self and don't let you coast?
- question your assumptions? (building blocks, stereotypes)
- root for your success?
- mourn your failures?
- introduce you to new ideas?
- share their doubts or struggles?



**SPEND TIME WITH THOSE YOU WANT  
TO BE MORE LIKE!**



Because you tend to absorb the qualities of those you spend time with you should try to spend as much time as possible with people you want to

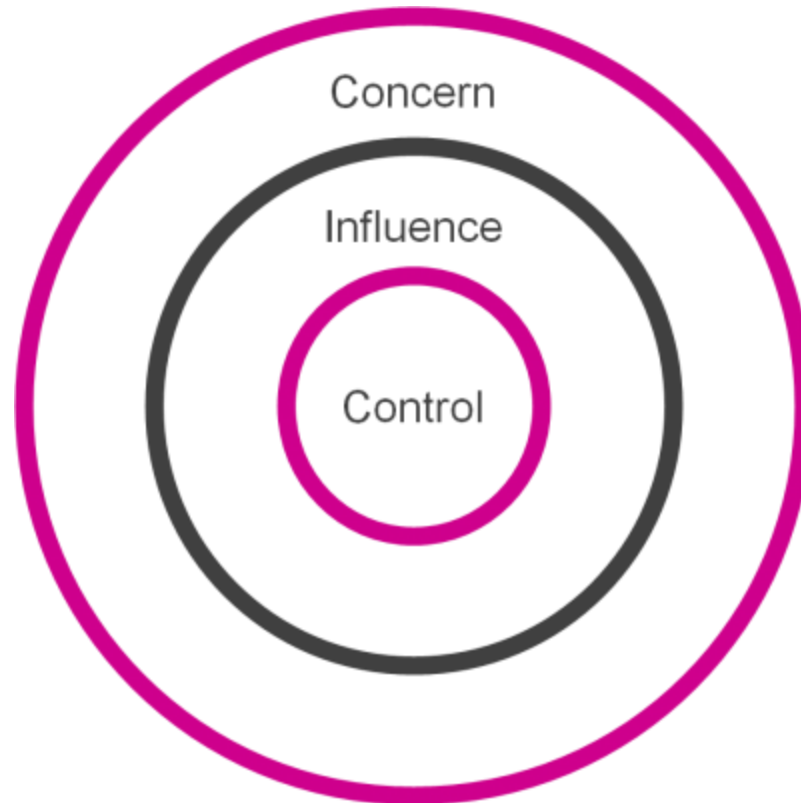
**BE MORE LIKE**



# MOVING UPWARD, PROSPERING AND GROWING

- start looking around you, and evaluate what kind of crowd you are hanging around with.
- If you are **looking to change for the better in your life, will these people help you get there?** Or, will they hinder your progress?
- Negativity, and poor behavior do rub off on you, bad attitudes around you actually bring you down! BUT a person of positivity and joy will build you up.

# HOW MANY POSITIVE, UPLIFTING PEOPLE OCCUPY YOUR CIRCLE OF INFLUENCE?



SAY NO TO TOXIC PEOPLE

Hang onto positive ones,  
find good friends and Mentors.



MENTORSHIP IS  
ESSENTIAL!



GO!  
FIND IT

# Definition of Mentor

*"Mentoring is to support and encourage people to manage their own learning in order that they may maximise their potential, develop their skills, improve their performance and become the person they want to be."*

Eric Parsloe, The Oxford School of Coaching & Mentoring



# MENTORSHIP





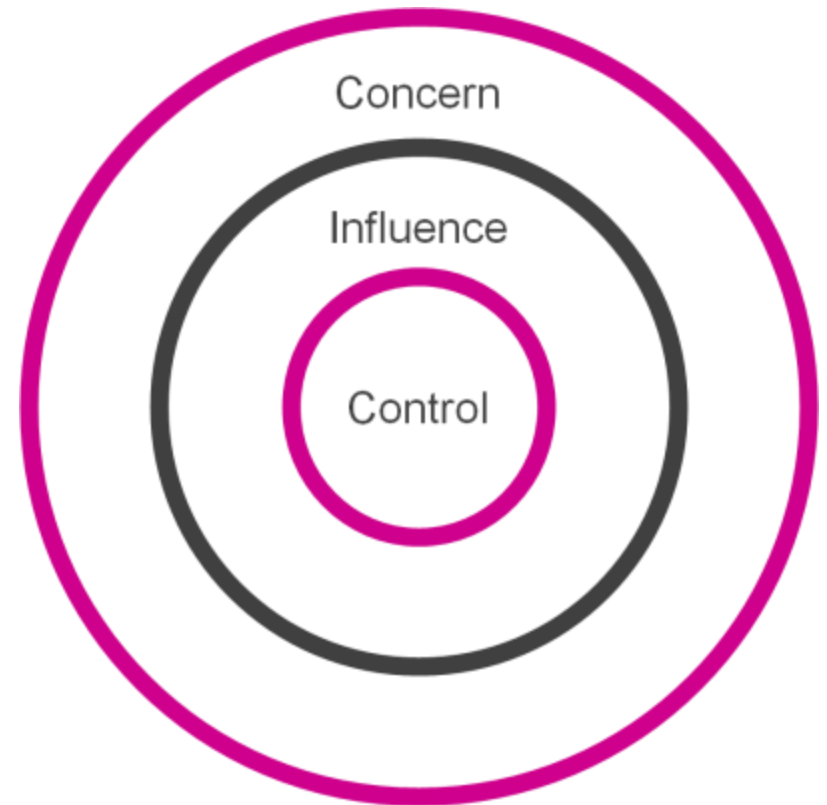
# DEFINITION: YOUTH MENTORSHIP

Youth mentoring is a process where a person who has mastered the skills required for maturation relates to a youth by **supporting and encouraging and guiding him/her to progress through** this developmental phase **into maturity**, so that they may **become all that they can**, by developing their skills and improving their talents.



# Good Mentors

- A good mentor or a deep responsible friendship, inspires and challenges us to be better at what we do. For this reason making **time for a mentor should be a priority.**
- Mentoring takes place within the interaction of the boundary of impact/influence.



# The Value of Mentoring



- At its most basic level, mentoring helps because it guarantees a young person that there is **someone who cares about them**. They are not alone in dealing with day-to-day worries.
- They get **help in the HUGELY important task of reaching their goals, achieving their potential, finding their destiny and living their values**.
- Mentors provide their mentees with **an experienced friend who is there to help in any number of situations**.

## Support for education

Mentors help keep students in school.

Mentors help with homework and can improve their mentees' academic skills.

## Support with day-to-day living

Mentors help improve a young person's self-esteem.

Mentors provide support for students trying new behaviors.

Mentors strengthen communication skills.



## Support in the workplace

Mentors help young people set career goals and start taking steps to realize them.

Mentors can use their personal contacts to help young people meet industry professionals, find internships and locate job possibilities.

Mentors can help their mentees learn how to seek and keep jobs.

# HOW TO FIND A MENTOR

Although finding a mentor is difficult and making it work is even more challenging – the rewards are abundant.



# HOW TO FIND A MENTOR

## Identify one specific area of your life you want to improve

Once you know what you want from a mentor, you can begin your search. Much like you match job opportunities with your qualifications, you must do the same with a mentor. Only you know what your goals, desires, dreams and aspirations are. You know your needs and weaknesses and how someone can help you with these. You must be honest with yourself and learn to be vulnerable.

## Be open minded

Sometimes mentors are right in-front of your eyes, Be aware of the people already in your life who can and are usually VERY willing to help you from their area of expertise.



# HOW TO FIND A MENTOR

## Select some possible people

Make sure they have a proven track record and are successful in this area.

Here are a few questions to ask yourself if you are stuck.

Do I associate myself with the right people?

Do they add-value to my career?

Do I belong to the right networking groups?

Am I challenging myself or do I just go with the flow?

How did my friends or colleagues find their mentors?

## Create the opportunity

Create a plan. Strategize how you will contact or approach this person. They may already be a family member or friend, but even if you don't have a direct IN, plan how to get one.



# HOW TO FIND A MENTOR

## When new people enter your life

Keep in mind their mentor potential.

Understand why a mentor would be important for you. Begin to think **what value you can add** to this new relationship

**Remember you may have several mentors** for different areas of your life.

## When in contact

Get strait to the point  
**“I need help with my...”**  
don't beat around the bush. Say what you want to say, **ask the question than SHUT UP.**





# BE ACCOUNTABLE TO YOURSELF AND OTHERS

Its a two way street. **YOU CAN ALSO MENTOR, HELP AND ENCOURAGE SOMEONE ELSE.** Your positive character traits, values and unique skills, may be just what someone else needs.

**You too have purposefulness** to others.

Don't be selfish. **Share what you learn with others** so that they can also benefit from your new found knowledge.

# Make the Relationship Endless

The mentor/mentee relationship represents two-sides of the same coin. **Mentors can also do with YOUR help.**

Listen and take note of their needs. **Be selfless.**



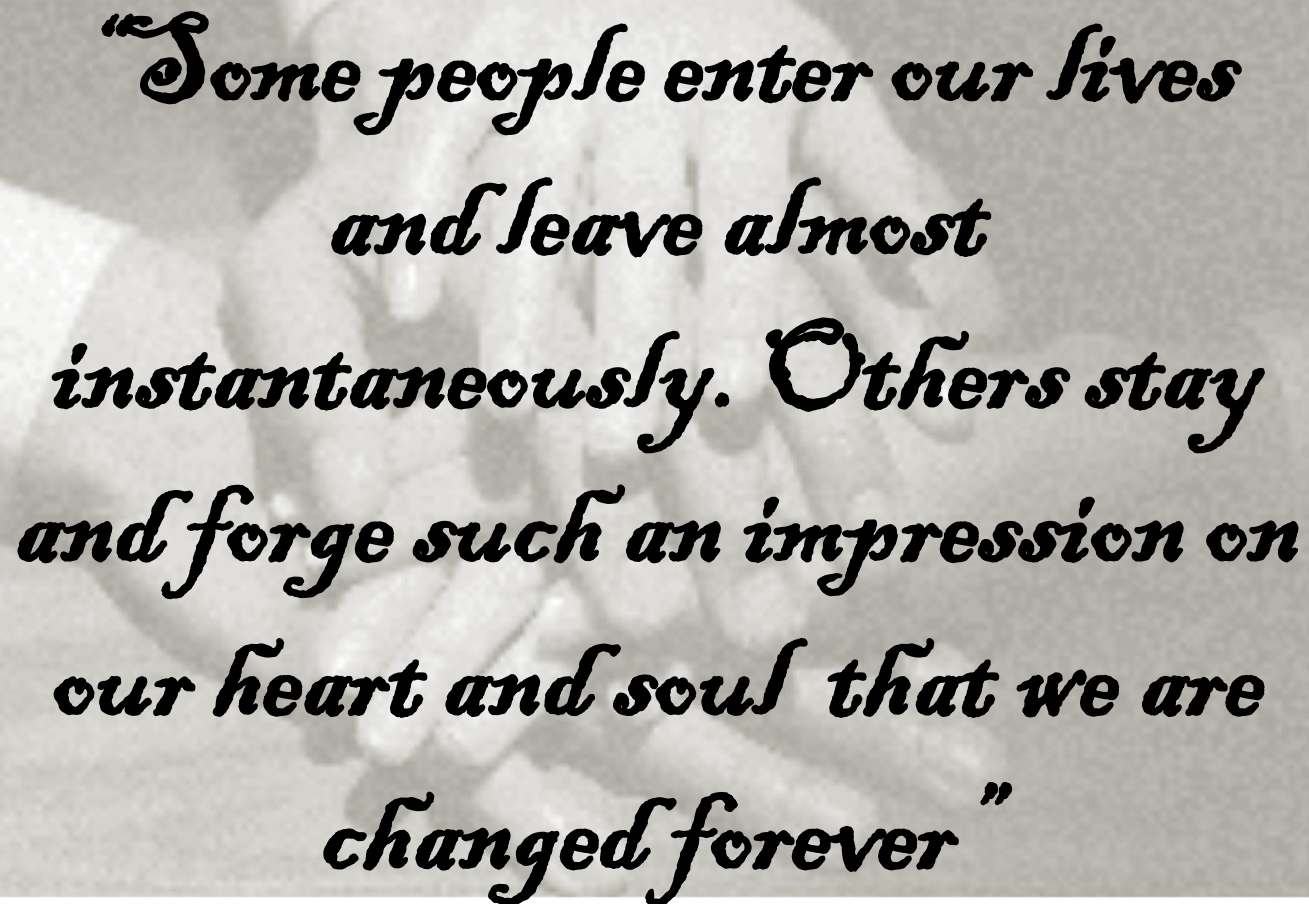
**A good mentor appreciates it when you can reciprocate.**



**“We make a  
living by what  
we get, we make  
a life by what  
we give.”**

**Sir Winston  
Churchill**

Churchill  
Sir Winston



*"Some people enter our lives  
and leave almost  
instantaneously. Others stay  
and forge such an impression on  
our heart and soul that we are  
changed forever"*

The best mentoring relationships last a lifetime. What is being formed is a special kind of trust that you both greatly appreciate and respect.

# What really matters, REALLY.

*"When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.*

*The friend who can be silent in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."*

[Henri J.M. Nouwen](#)

