



Circle of Friends

Transforming Lives, One Child at a Time

Mentor Meeting

8/4/22 @ 5 pm or 8/5/22 @ 10 am

Updates

- Surveys
- Programming
- Back to School BBQ
- Mentor Open House
- Mentor meetings (new formats)
 - Connecting mentors with same age mentees?
- In your home policy (will be changing)
- Mentor Discussions
- Connecting Through Conversation

Top of Mind

Directions

1. Ask your mentee to think of the *top three* things on his or her mind today and explain that you will both answer the following questions:
 - What are 2 things that are at the top of your mind today? They can be from any area of your life.
 - How did these things that are on your mind either (a) help you create your day in a positive way or (b) get in the way for your day?
Give your mentee a moment to think of his or her answers.
2. Share your answer to the questions first, as a way of modeling the structure. You may choose to share just one of your answers to the question and then invite your mentee to give all of his or her answers in order to give the mentee more talking time.
3. Spend some time talking about any details of the top 2 things on your mentee's mental list that could be helpful in problem-solving or celebrating with your mentee.

Deepening the Conversation

Following are examples of questions that help you move from brief check-in to a deeper conversation with your mentee:

- What are some things that tend to distract you during your day? What do you find happens when you let yourself get really distracted?
- What are some things that help you to stay focused, during each day? What do you find happens when you're able to stay focused?
- What are some new refocusing strategies that might help you when you're really distracted?

Next Mentor Meeting: Thursday, 9/1 @ 5 pm or Friday 9/2 @ 10 am.