



## Circle of Friends Mentor Meeting Agenda

11/4/2021

### Introductions

- Kate Kuitert – SES Counselor
- Taylor Campbell – New Youth Program Lead

### Updates

- Annie Painter is returning periodically to do art with our kids
- Susan Redfield from Kibak Tile will be making ornaments with our kids during crafting on 11/16 – this is very exciting!!
- Ugly Sweater Run – Saturday, 12/4 starting at 10 am
  - Anyone not participating would love to have volunteers
  - Would like our CoF kids to help with the Ugly Sweater judging and helping with any mentor not participating in the run/walk.
- Holiday Party – Thursday 12/16 starting at 6 pm
- Family Kitchen Community Free Meal
  - Weekly event every Tuesday from 4:30 – 6:30 pm
  - Sister Community Church (1300 McKenzie Hwy)
  - All Welcome, No criteria and No forms to fill out

### Programming

- See Program Schedule

### Leader in Me

- Kate Kuitert

### Connecting Through Conversation

- This month's connection conversation...**The Good, The Bad, and The Funny**
  1. Ask your mentee to take a minute to think of an answer to the following question:
    - What is something *good*, something *bad or frustrating*, and something *funny* that has happened to you in the time since we last met?
  2. Share your own response to the first part of the question only – something *good* that has happened to you since the last time you met. Make sure to be descriptive.
  3. Next, have your mentee respond to the question of something *good* that has happened since the last time you met.

Use active listening skills to show you are listening carefully; you may ask for some further detail to fill in the picture of what happened, but don't yet ask any deepening questions until after your mentee has shared all three experiences.



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Transforming Lives, One Child at a Time

4. Repeat in 2 more rounds, with your first offering your *bad* before your mentee does, and you first offering your *funny* before your mentee does. Again, use active listening skills, but don't ask any real probing or deepening questions yet.
5. Once your mentee is finished responding, both of you take turns asking questions about the details behind each of the *good*, *bad* and *funny* situations.

## **Deepening the Conversation**

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

- What *good* things are you looking forward to in the next week?
- When you are *frustrated*, or experience a *bad* situation, who helps you get through it?
- What makes you *laugh* even when you are having a tough day?

Next Mentor Meeting will be Thursday 12/2/21 at 5 pm