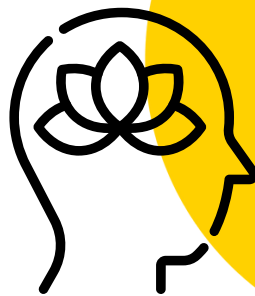


# SENIOR STUDENT: MENTOR WORKSHOP



- ***"One person can make a difference, and everyone should try."*** - John F. Kennedy

## WORKSHOP DESCRIPTION

The Mentor Workshop prepares senior students to mentor younger participants in the LifeChanger Youth Program. It covers teen challenges, mentoring techniques, LifeChanger's Five Pillars, and handling sensitive disclosures. Students develop rapport-building skills, explore their strengths, and reflect on their mentoring role and legacy.

## WORKSHOP OUTCOMES

For each participant to:

- Understand their role as mentors within LifeChanger's teen workshops.
- Recognise the importance of mentoring and its benefits, including insights into teen psychology during transitional years.
- Enhance rapport-building techniques like active listening, body mirroring, and using open vs closed questioning.
- Learn and apply the GROW Model to navigate goals, realities, obstacles, and actionable steps.
- Practice handling scenarios within the Youth Wellbeing Process.

## HOW TO BEST SUPPORT DURING THIS WORKSHOP

- **Be alongside the youth:** Participate fully and engage as if you were one of the students. Model curiosity and openness to create a supportive learning environment.
- **Model mentoring skills:** Demonstrate active listening, open questioning, and empathetic responses to inspire students to practice these techniques.
- **Support their growth:** Guide students as they practice rapport-building and problem-solving techniques, offering constructive feedback to build their confidence.
- **Be a steady presence:** Handling sensitive topics can be challenging. Provide reassurance and emphasize the importance of boundaries and support within the mentoring role.
- **Inspire their legacy:** Encourage students to think about the impact they want to leave as mentors, reinforcing their role in shaping and empowering younger participants.