

The Power of Mentorship Workshop | Preliminary Program September 28, 2023 & October 26, 2023

Welcome and Introduction

- Opening Remarks and Training Objectives
- *Icebreaker Activity: "Share a Personal Mentorship Experience"*
- Virtual Training Etiquette and Best Practices

Module 1: Understanding the Power of Mentoring

- The Role and Impact of Mentors in Youth and Emerging Professionals Development
- Personal Stories: Mentoring Successes and Challenges
- Discussion: Characteristics of Effective Mentors

Break

Module 2: Positive Youth Development (PYD)

- Introduction to PYD Principles
- The 5 C's of PYD: Competence, Confidence, Connection, Character, Caring
- *Activity: "Applying the 5 C's - Real-life Scenarios"*
- Building Resilience in Youth through Mentoring

Break

Module 3: Introduction to Growth Mindset

- The Fixed vs. Growth Mindset
- Benefits of Fostering a Growth Mindset as a Mentor
- *Activity: "Identify the Mindset - Case Studies Review"*

Break

Module 4: Integrating Growth Mindset into Mentorship

- Techniques to Foster Growth Mindset in Mentees
- *Role Play Activity: "Navigating Challenging Conversations with a Growth Mindset"*
- Best Practices: Feedback, Praise, and Encouragement
- Discussion: Addressing and Overcoming Mentee Resistance
- Mentoring in a Changing Workplace Environment

Wrap-up and Evaluation

- Q&A
- Key Takeaways and Reflections
- Closing Remarks and Acknowledgements
- Feedback and Evaluation Form Distribution