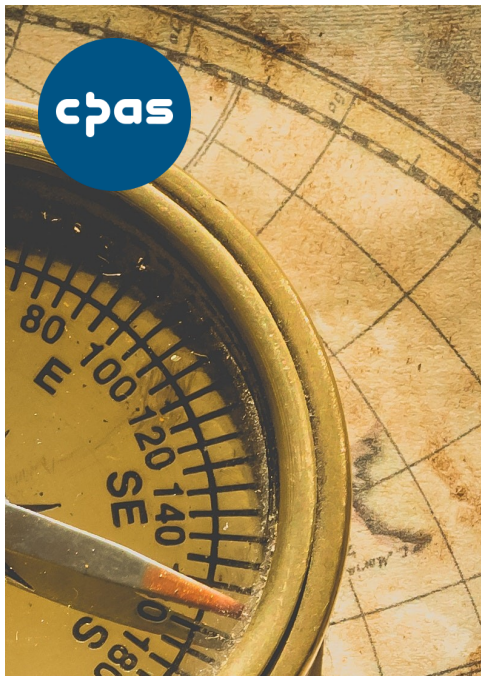




HOW TO MAKE THE MOST OF THE GUIDE – TRAVELLING COMPANIONS

THE GUIDE ©CPAS

HOW TO FIND A MENTOR

Finding a mentor isn't easy, but there are a few practical steps we can take to help with the process.

1. BE PRAYERFUL

This is an important decision, and it is good to make it an intentional part of our prayer life, and also to ask others to be praying for us as we seek a mentor.

2. BE PROACTIVE

Be clear what you are looking for. One of the best ways to get clarity is to write a half side to side of A4 outlining what you are looking for. Here are a few questions to reflect on:

- What are some of the issues you would like to explore?
- What are your expectations of such a relationship?
- How often would you like to meet and for how long? Generally we suggest meeting every 4-6 weeks for 60-90 minutes.
- What sort of person are you looking for (age, gender, experience, personality type)?
- Are you happy to be mentored online or would you prefer onsite interaction?

You probably don't know the person who would be a good mentor for you, but you probably do know someone who knows the person who would be a good mentor for you. Therefore, send the above description to people you know and trust with a request for them to pray for you as you seek a mentor and an invitation to pass on (a) the summary of what you are looking for to anyone who they think might fit the bill, or (b) send you the name and contact details of anyone they think might fit the bill.

3. BE PRACTICAL

Once you've got a person to approach, fix an initial meeting to explore the possibility of establishing a mentoring relationship on the basis that either person after that meeting can say 'no' without anyone taking offence. Take time in that meeting to get to know one another, talk through expectations and arrange a way to communicate whether you both want to go ahead or not.

4. BE PERSISTENT

It can take many weeks to find the right person, sometimes many months, but do persist, because when you find the right person it is invaluable.



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