HOW TO BE A

PERSONAL PROGRESS MENTOR

DEVELOP TRUST

Develop a relationship of trust. Smile and be friendly. Get to know her strengths and talents. Build upon those things that you learn about her. Discuss what your young woman has done so far with Personal Progress, and what she has yet to do. Share your own experiences and successes!

ESTABLISH GOALS

Establish short- and long-term goals. What does your young woman hope to achieve with Personal Progress? How many experiences and projects does she want to do each month? When does she hope to receive her Young Womanhood Recognition? What goals does she need to make that happen? How can you support, remind and encourage her to achieve her goals?

LISTEN

Be a good listener. Make eye contact and show you are interested in what she is saying by giving her your full attention. Try to understand why your young woman may be struggling with Personal Progress. Ask good questions and listen carefully to her answers. If there is a problem, brainstorm possible solutions. Pray for her.

FOLLOW UP

Check in with your young woman throughout the week to see how she is doing with her goals. Ask her what she has completed, encouraging her as needed. Did she reach her goals? How can you celebrate her successes?