

FINDING A MENTOR

Bethany Community Church's approach to starting a mentoring relationship is "Name it, Frame it, Find it, and Follow Through". If you find yourself stuck in the process or have any questions, email Isabella Branstrom at isabellab@churchbcc.org.

1. NAME IT

Start by taking a personal inventory of where you would love the help of someone who has gone before! Use these questions to help brainstorm and illuminate areas of your life you are looking for mentorship in.

- Where in life do you feel stuck?
- What are things you want to try?
- Where could you use the help of someone who's gone before?
- What are things that make you anxious?

2. FRAME IT

Choose one of the things you found from your "Finding a Mentor" sheet and make a sentence that you will use to ask potential mentors. Clarifying what you're looking for alleviates the ambiguity around mentoring for both you and your potential mentor! If you want to talk about more things than just the one area you chose, don't worry—this is just to help you get started in that direction.

3. FIND IT

Think about who you already know that has experience in this area. If nobody comes to mind, who is someone you know who might have a connection for you? Remember that people don't like to be used, but love to help!

4. FOLLOW THROUGH

Initiate *one* coffee meeting, walk around Green Lake, etc.. and *commit* to it. Just one! If you want to meet again, ask! If your time together was helpful for what it was and you're not interested in meeting again, thank them for the generosity of their time and wisdom.