



**Our mission is to strengthen youth mentoring programs across Ohio through consulting, trainings, and providing resources with the goal of increasing the quality of mentoring relationships.**



## YOUTH WORKSHOPS

Train-the-Trainer session for a fee

### Making of a Mentee

- Prepare youth how to successfully participate in a mentoring program.
- Understand the role and benefits of having a mentor.
- Practice key communication skills that help develop friendships with mentors.

### Decision-Making: It's My Choice

- Explore how decision influence your attitudes, behavior, and future.
- Discover how to take control of your decisions.
- Learn how your response to situations can determine its outcome.

### Financial Literacy- Money Management

- Learn basic financial terms and how to manage your money.
- Experiment with tools that will help you be responsible with your money.
- Practice developing a budget and the importance of saving

## ADULT AND MENTOR WORKSHOPS

### Making of a Mentor/Relationship Building

- Learn ways to build rapport and overcome barriers.
- Practice communication skills to build your mentoring relationship.
- Understand different life experiences and effects of trauma on youth.

### Trauma Informed Mentoring

- Recognize how to identify trauma and its impact on our community.
- Address why trauma has no limits with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation.
- Learn ways to help your mentee develop resiliency.

### Diversity, Equity, and Inclusion: Cultural Humility

- Explore and reflect on personal bias(es).
- Recognize the impact of bias(es) on relationships.
- Create a personal plan to become an advocate for diversity.

### Self-Care

- How to take care of yourself as you are taking care of others.
- Identify what causes stress in your life.
- Learn strategies to manage stress/anger to share with your mentee.

### Social Emotional Learning

- Social Emotional Learning is (SEL) the process through which children and adults understand and manage emotions.
- Identify different areas of SEL and ways for your mentee to grow.
- Develop goals for how to support your mentee with SEL development.



### CONTACT US:

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