



# WYSE Mentor Training 1

WYSE Culture &  
What is a Mentor?

# WYSE Culture

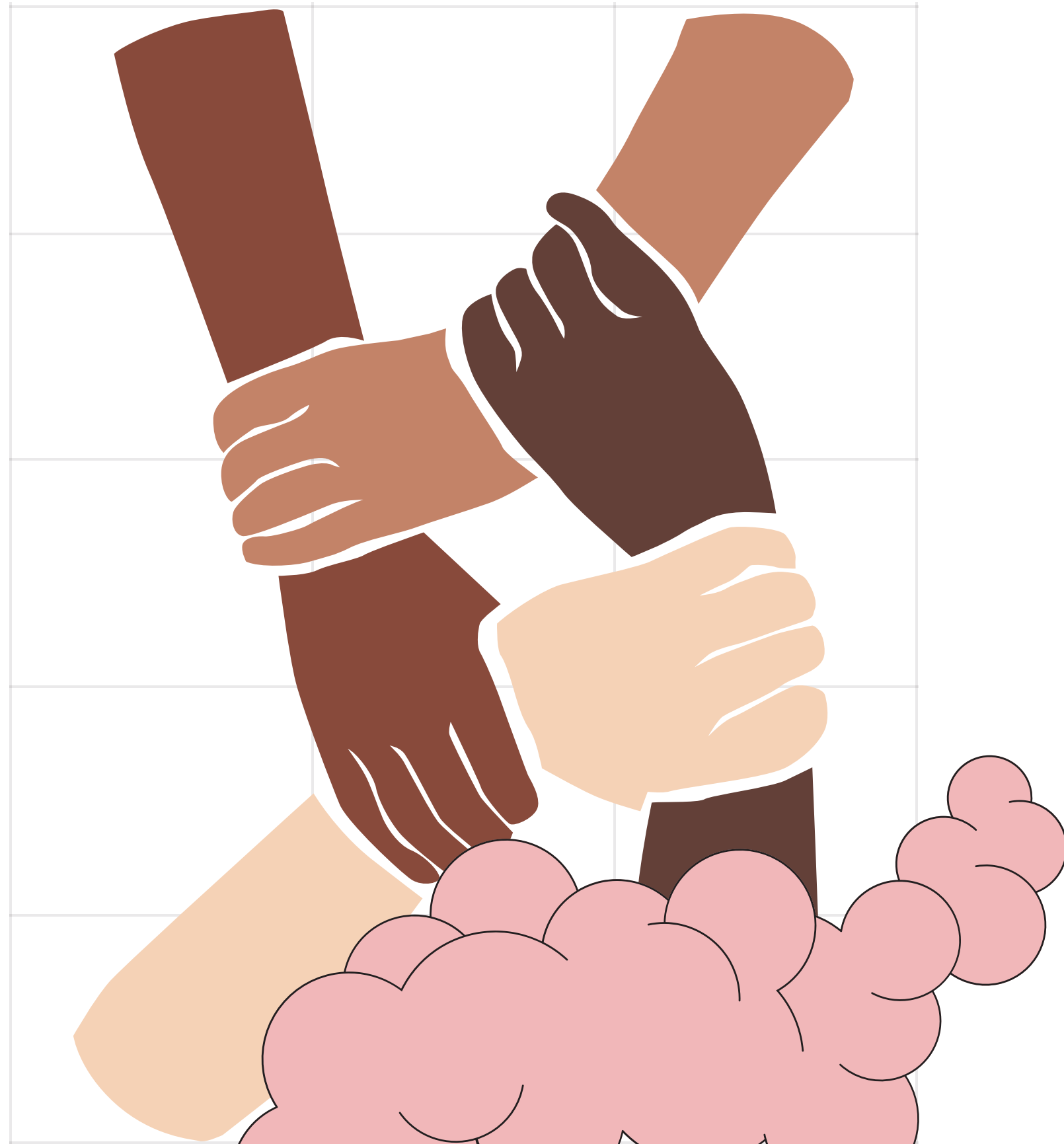
# What is WYSE

WYSE wxmen are dedicated to the mission of empowerment through education. By visiting middle schools, we educate students about interpersonal topics ranging from self identity to managing interpersonal relationships. Because these topics are often thought of as "taboo" or are too often left undiscussed, we must be understanding and encouraging of our mentees throughout the learning process. This means that we must be kind, understanding, and free of judgement.



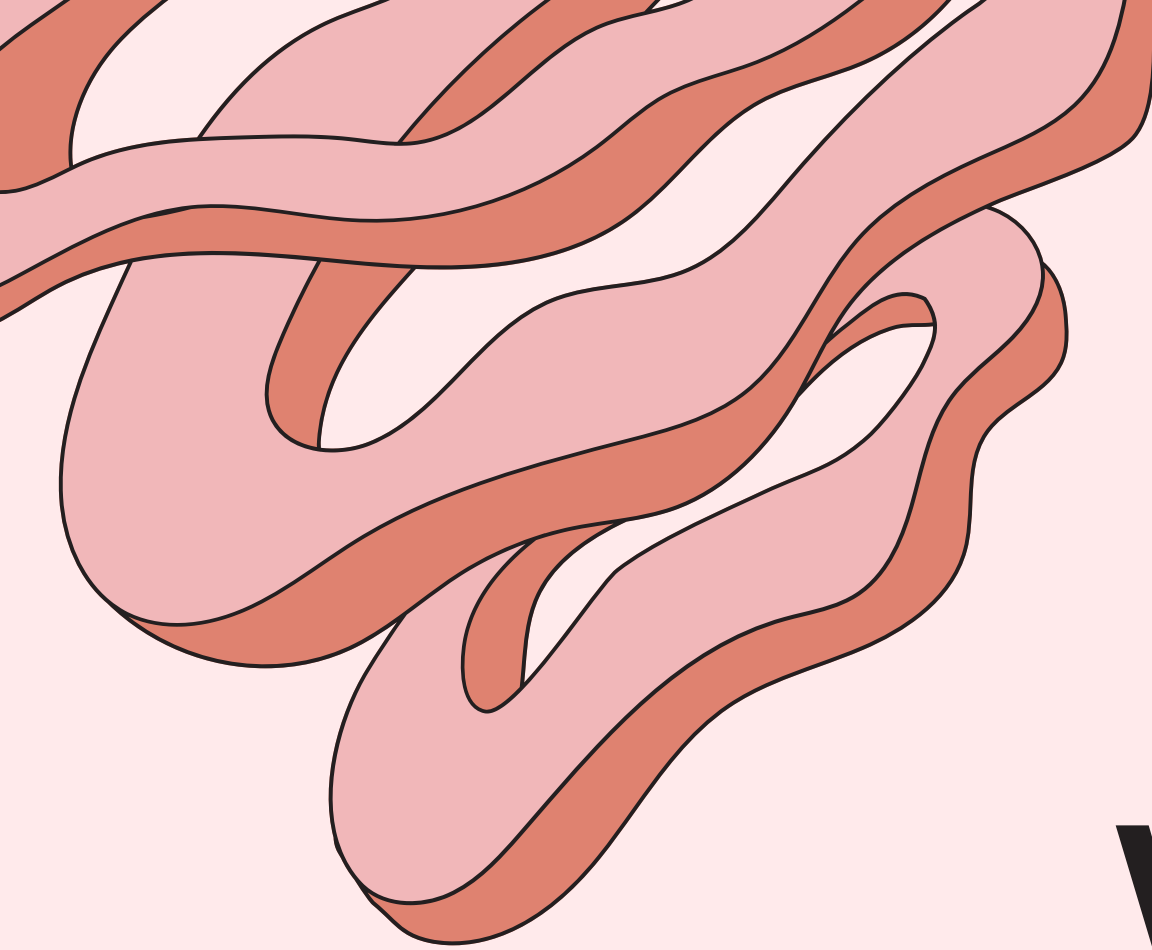
WYSE



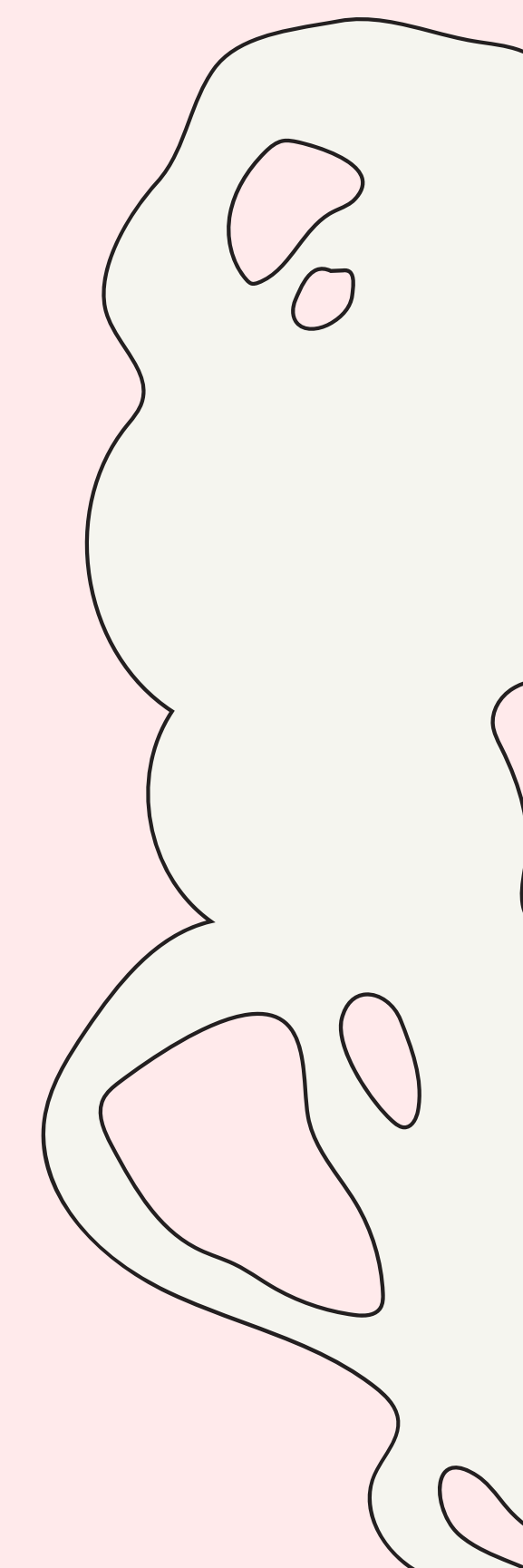


# WYSE strives to be...

- a safe space for learning
- diverse and welcoming
- free of judgement and prejudice
- understanding and sensitive to other people's feelings and experiences

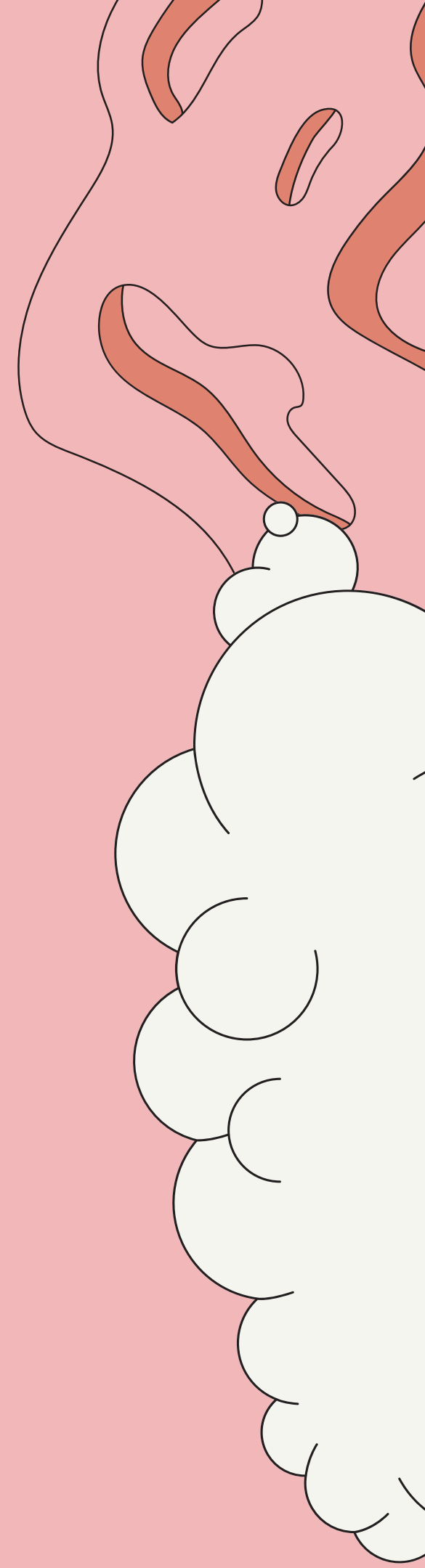


# WYSE Mentor Culture



# Safe Spaces

Being understanding and sympathetic extends to beyond the way we treat our mentees. As mentors, we must treat each other with the same understanding and sympathy. We are also learning, so it is vital that everyone feels safe to make mistakes and learn from them. As such, it is important for us all to adopt a growth mindset in our everyday lives, and especially before entering a WYSE space.



**What is a Mentor?**



Our role as a mentor is to guide and support our mentees to make informed life decisions. We strive to empower young women through education, and this means that we must be objective with the options available to them and sympathetic to our mentees' current situations.

\*We will cover interacting with mentees in another training session





# Our Role as Mentors



There is no hierarchy between mentors and mentees.

We are role models, so it is important to conduct ourselves responsibly, **NOT** perfectly.

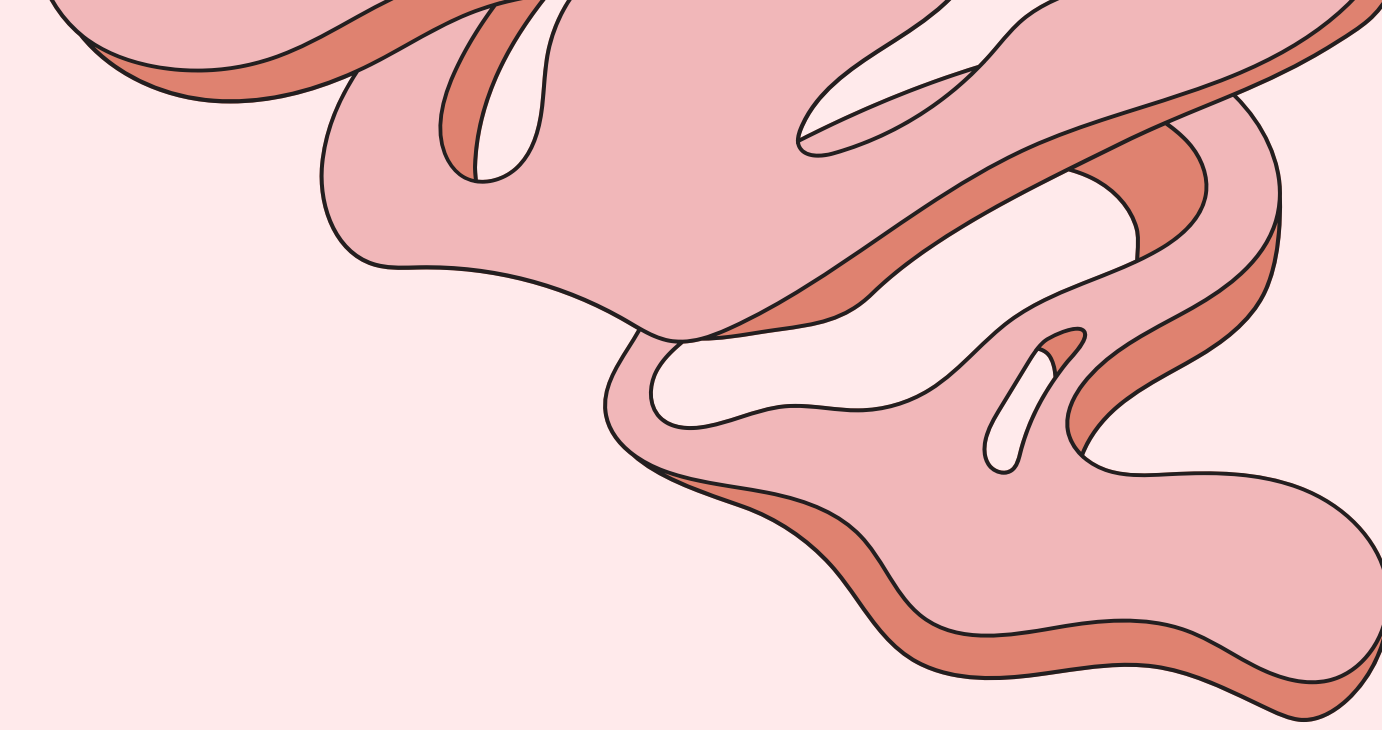
\*We are all human, and make mistakes! But it is how we respond and deal with those mistakes that make us good role models.

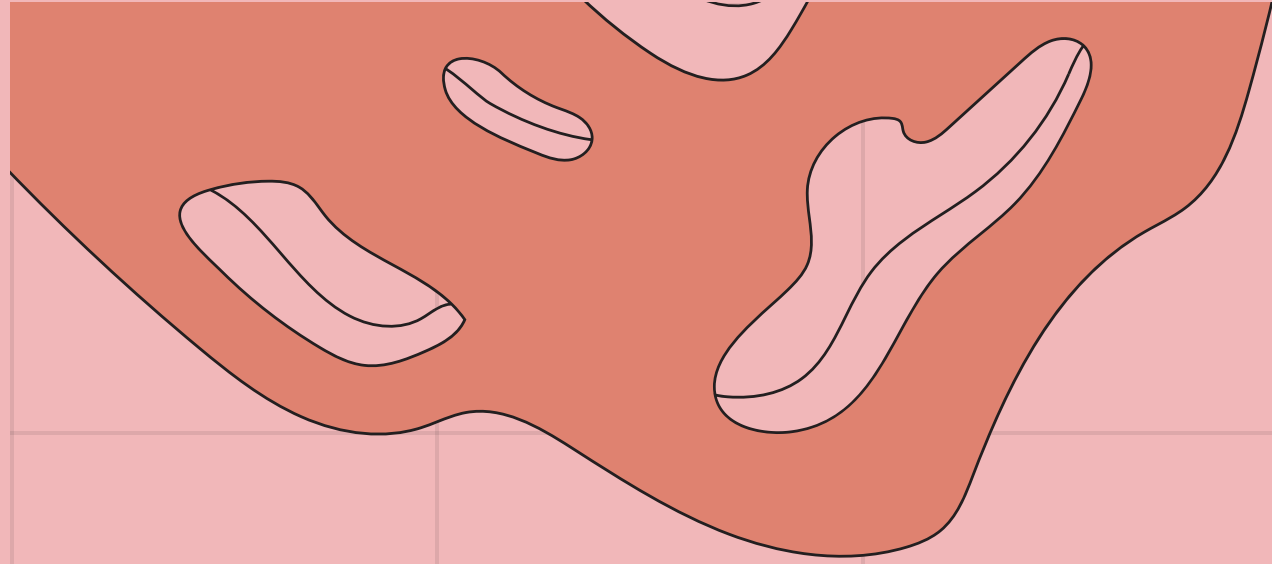
Our role is NOT to tell our mentees what to do.

We guide our mentees to make their own decisions by educating them on their options and any potential consequences.

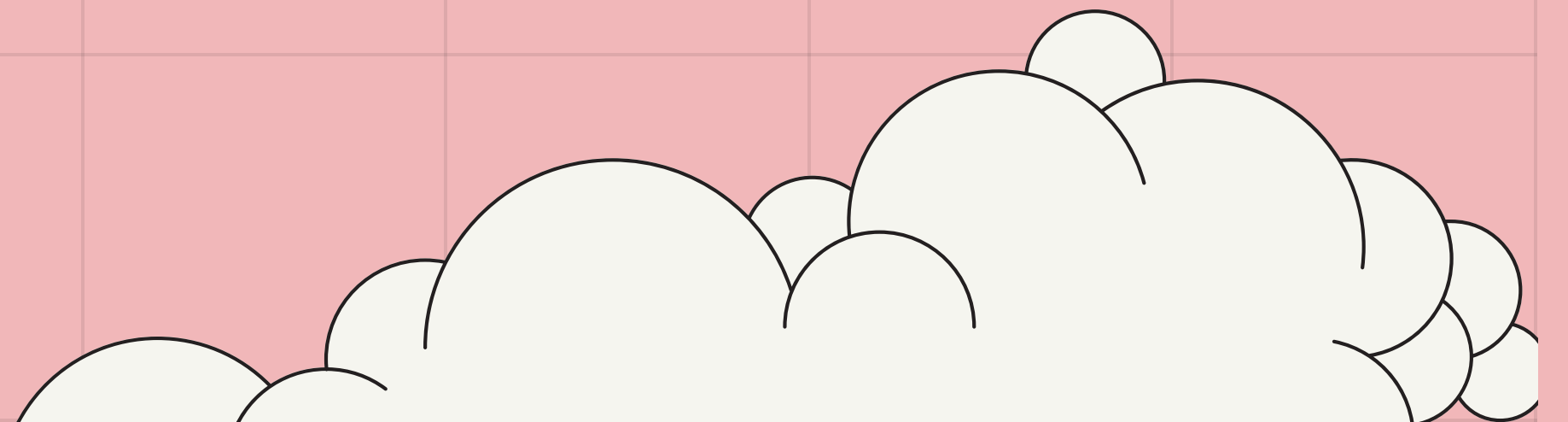
Encourage questions and be sure to maintain a judgement free zone.

# Our Role as Mentors





# Tips to Being an Effective Mentor



# Effective Mentorship

- Create a Relationship
  - Establishing an accepting and supportive relationship takes time
- Establish Trust
  - Consistency (attending sessions regularly), confidentiality, and respect ensure trust
- Avoid Judging
  - Judgement can alienate mentees
  - Instead, encourage, question, and challenge your mentee
- Be Honest
  - Be honest about what you do and don't know



# Check for Understanding

Please scan the QR code below to check your understanding

