



Pillars of Mentoring



Every Big signs up because they want to make a difference.

The truth: A Little will change at their own pace and in their own way. Mentors are a facilitator of a Little's process of discovery and identity and that process is something you cannot mandate or accelerate without Little's input.

What is critical?

Building trust with genuine care, consistency

Build trust with your Little based on genuine care, provide consistency and focusing on your Littles positive attributes.

Recognize effort vs outcomes

Effort is within a Little's control while outcomes may not always be. Focusing on effort will motivate a Little to keep working hard and being resilient through challenges.

What are the research-backed strategies?

Role model healthy habits

Role model healthy habits and look at every moment with your Little through the lens of "every day role modeling"

Provide opportunities to learn grow and fail

Provide opportunities for yourself and your Little to learn new things, grow together and do not shy away from failure, whether it is on an outing or by sharing your own setbacks and challenges with your Little.

Listen actively and seek to understand your Little from their perspective

Listen actively and seek to understand your Little from their perspective, validate how they feel and continue to provide safe space to share in your friendship.