

## More About GTR

Greater Than Rubies was hatched in 2013 to provide resources and experiences that will empower young ladies to live their most successful lives for Christ.

What does that mean?

The foundation of all our activities is seeking the will and the character of God first, and then working to build the mindset and skill set to achieve success on earth—only to the glory of God.

How do we do that?

By teaching, training and developing resources (focusing on video-based online courses) that will empower girls ages 14-20 to figure out who they are in Christ, their unique gifts and talents and how to employ them in the life of adventure and



Find Me Here!



Amie Regester, President, Greater Than Rubies

**P2** / The impact of mentorship & our great need for mentors

**P3** / My methodology and the launch sequence.

**P4** / The five step plan to start mentoring

**P6** / Do's and Don'ts of mentoring and additional resources.

# START SOMETHING

*A Guide To Intentional, Informal Mentorship*



Hi! I'm Amie. I've been involved in intentional, informal mentorship for a about 2 and a half years and I believe it's the most simple, effective way to make a positive impact on the lives of the young women in your church, school or neighborhood.

Almost anyone can follow the steps I'm going to outline, and I believe that girls as young as 16 can have MAJOR influence

for God and for good by using this model to reach out to other young ladies.

>> CONT. PAGE TWO

*“ Girls as young as 16 can have MAJOR influence for God and for good by using this model. ”*

# Impact Of Mentorship

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The impact mentors can have is HUGE! Mentoring.org reports recent studies on how much influence a caring mentor can have on a young person. Consider the following:

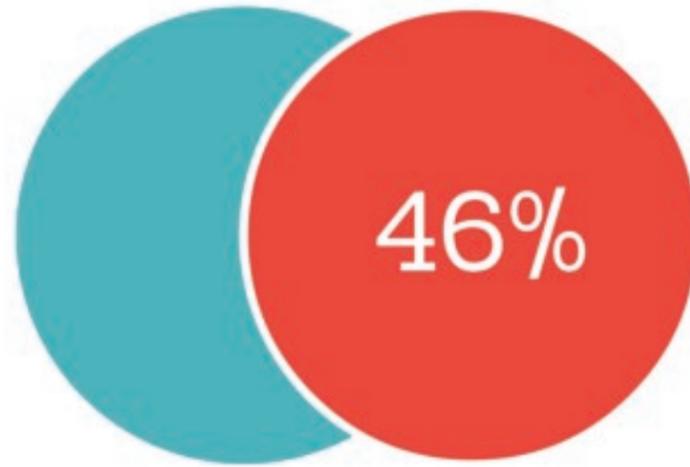
- Students who meet regularly with their mentors are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class (Public/Private Ventures study of Big Brothers Big Sisters).

- Mentors help with homework and can improve their mentees' academic skills. Mentors help improve a young person's self-esteem.

- Youth who meet regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking (Public/Private Ventures study of Big Brothers Big Sisters).

- About 40% of a teenager's waking hours are spent without companionship or supervision. Mentors provide teens with a valuable place to spend free time.

- Mentors teach young people how to relate well to all kinds of people and help them strengthen communication



“Youth who meet regularly with their mentors are 46% less likely to start using drugs.”

skills.

Despite these studies, there are only about 2% of our nation's kids in a formal mentorship program. (Thousands are waiting in the Big Brothers/Big Sisters queue for a match.) We can't measure the informal mentor-

ship, of course, but I personally know very few people who are committed and intentional about informal mentorship. There are bunches of kids—probably some right down your street, who are desperate for a caring adult or “big sister” to share her time!

## Informal Mentorship

By the way, let me explain the idea of intentional informal mentorship a little bit. I'll start by explaining how the idea came about by sharing part of a true story I wrote:

“I lost the baby”, Kris said, eyes red-rimmed and shame filled. “I feel so horrible and so relieved at the same time.”

We were cross-legged in a

peeling red vinyl booth in my small Arkansas town's fish house. I was ill-equipped for this kind of situation, but then so was she. Kris was 17 and suffering from a lifetime's worth of poor choices—some made by her, some of them made by others that affected her.

Talking to Kris was like having someone peel open my eyelids with pliers—I could see her

situation, but it was painful. One day we were having a tough talk about some of her choices. “What do you think God wants for your life?” I asked.

“I dunno, not this,” she replied. “I don't even know why I'm here.”

I left the restaurant that day with a take-out box full of thoughts about smart young people, terrible choices and how important it is to know why we're here—how knowing your purpose changes *everything* and how knowing where you want to end up makes tough decisions along the way a lot easier.

Three or so years ago, this conversation, and a few more like it gave me a bit of a wake-up call concerning the effectiveness of Sabbath or Sunday school programs to influence the lives of young people. Many of our church programs are really well thought-out! We spend hours and dollars getting weekend youth speakers to highlight the struggles

# Programs cannot reach people as much as people can reach people.

that sin brings and how Jesus gives us the power to overcome—and all of that is FANTASTIC! But it's not enough. Programs cannot reach people as much as people (and especially peers) can reach people. That's what I realized when talking to Kris and other young friends (who were attending church, by the way).

If I really wanted to be a part of helping our young ladies make good life decisions, set Godly goals and live their best lives possible for Christ, I needed a way to get more personal, engage in more

authentic dialogue and get into what they were really struggling with. Church programs just don't cut it. They are only one spoke supporting the wheel hub of our girls' lives.

I don't know if you noticed, but the usual model of teaching at Sabbath or Sunday school is pretty “thus sayeth the Lord”. We read some verses and talk about the best way to do things. We don't have the time to get into what our youth is actually struggling with and apply scripture appropriately. It takes more than 40 minutes to get some youth to open up in a group setting and some never will!

After these “aha” moments I thought I wanted to be involved in some kind of mentorship program. I wanted to do something that would really provide some lasting benefit and I wanted to get trained to do it properly. I looked into the Big Brothers/Big Sisters program and

the Boys and Girls Club in my area. These programs are amazing and long term and I highly recommend them, but I wanted something more flexible, (I need to be free to travel to give seminars some weeks) and I didn't like the idea of having to drive to another city each week to spend an hour with a kid. There are plenty of kids in my own circle of influence who could use some attention and guidance.

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# Informal Mentorship

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Some time went by but this idea kept popping up in my brains as I was starting Greater Than Rubies—this ministry project for girls I’m now working on. I finally decided I was just going to start something in my own neighborhood on my own dime and see what kind of results I got.

Eight months later I am still meeting weekly with two teens from my neighborhood. I love them and it appears that they love me (as one was using me as a pillow after our party this last weekend and didn’t want to go home when her mom came). I have the trust of their parents and we have learned so many skills and lessons together—sweet potato harvesting, hand and machine sewing, knife handling, dating and stuff about the medical field (they both want careers in this field).

One of the coolest things that has happened is that I’ve gotten to introduce them to many members of my Sabbath School class (I’m Seventh-day Adventist) and so they have met some new friends who are strong Christians.

We’ve spent a Friday evening studying the Bible together and the girls and I have

had lots of faith-related discussions. I love that even though we are from different denominations, we have the opportunity to share and ask questions of each other (and even dispel some myths). I am blessed as I seek to be a blessing!



So how did this get started? Read on and I’ll outline the steps I took to get this idea off the ground so that you, or your daughter or the young adults at your church can do the same thing!

## My Methodology

### SUSTAINABLE

My goal in setting up this mentoring thing was that it be as simple and sustainable and as cheap as possible. If I was going to do something long-term, I didn’t want to have to put in a ton of prep time and I didn’t want to have to rely on a bunch of other people to make it happen.

### INTENTIONAL

As I started mentoring, I wanted to be intentional about two things: 1, forming a trusting relationship with my girls and 2, teaching them useful activities and ideas that would actually improve their chances of succeeding at life. (This mentoring is informal—not because it’s sloppy, but because it’s not sponsored by any organization.

### ENJOYABLE!

Let’s be real: if the girls don’t like it and I don’t like it, there’s no point!

The amazing thing is that being intentional about these two things have naturally resulted in something that is even more important to me. Ultimately, I am becoming that trusted adult the girls come to when they are working through tough life situations and *especially* as they have questions about God and his character. I believe that is a Christian’s call: (and all my Seventh-day Adventist homies will agree with me) to repaint the beauty of the character of God to a world that has only seen it misrepresented. Seeing God as He is paves the way to a life of true humility, service, and success.

## The Launch Sequence

3... 2... 1...

So here’s how I got this thing going. Keep in mind that none of these first steps are necessary if you already know the girls in your area that you’d like to mentor. I didn’t know the girls in my area so I had a pretty full-on strategy.

### Pre-Launch Event

I chose my demographic: girls ages 14-18 who lived in neighborhoods as close to me as possible (logistically this works because I wanted to be able to give rides and drop off resources and encouraging notes sometimes.)

I decided to do a one-time event in order to introduce myself to parents and youth, gain trust and get to know everyone. I held it in a neutral location (a room in our community center) but your home, church, a local café, or a bank conference room would be appropriate depending on your demographic.

Alternatively, you could just hold a meet and greet/icebreaker that included the parents for the first 20 minutes of your first day of mentoring. You’ll need time to get them to sign permission slips anyway, so they might as well come in and have some refreshments!

FOR MORE INFORMATION ON GREATER THAN RUBIES, PLEASE VISIT US AT: [GREATER THAN RUBIES.ORG](http://GREATER THAN RUBIES.ORG)



**GREATER**  
THAN RUBIES

I created an online event registry at Eventbrite.com and then printed a flyer with the Eventbrite link to RSVP to it. (I have the flyer I made for it attached.) I went door to door in my neighborhood introducing myself and my desire to do a back-to-school success event for girls.

Looking back, it would have been more efficient to figure out specific doors to knock on (by stalking the kids as they got off the bus?). Or, I could have gone to summer softball games and given the flyers to parents. I could have also done some paid advertising through facebook or through local cable channels but I didn’t want to spend dollars. I knocked on about 50 doors, gathered parents’ phone numbers and email address to send them more info and left them with a flyer with a link to register. If they hadn’t registered in a couple days, I sent an email reminder.

At the pre-launch event I introduced myself and my mission, talked about the upcoming event for girls and had lots of snacks. Most of the attendees were my friends and family, but there were 2 people there I met in the neighborhood who ended up sending their girls. Some people sent their girls and didn’t even go to the event.

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# Launch Sequence

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## Mentoring Kick-off Event

The kick-off event was a month after the info meeting, in August—two weeks before the start of the school year. Because I was testing out ideas for my online curriculum, I held a “boot camp” event which happened each night for a week. I transformed my living room into a conference center with a long table, white board and markers and a TV for showing discussion-starter clips.

The first night of the boot camp I had the parents come in and sign permission slips just to protect myself in case anything weird happened. (Attached for you to use as a model.) I had 6 to 8 girls there every night and it was a lot of fun, but it was stressful to set up and clean every night. Plus, I provided snacks the cost breakdown ended up being about \$30 a day for snacks, decorations and copies/supplies. My parents and a few others contributed some money so it wasn't all on me.

When I do this again, I'm just going to rent a hotel conference room. It's fairly affordable (\$100 or so a day) because they give breaks for educational programs. Then I can just buy them lunch and a snack



and be done with it.

The positives about doing a week-long program were that the girls really enjoyed getting to know each other better and I was able to determine which girls could really benefit from and commit to a longer mentorship relationship.

**BELOW:** Some pictures from the Mentoring Kick-Off Event. I taught my own course, *Rock Your Life*, as a live boot-camp that went every night for a week. This allowed me to get to know several Jr. high girls in my area and find 2 mentees.



## On To Mentoring

All of this pre-work gave me insight into the course I was creating, but it also set me up for the long term-mentorship I had been wanting to try. There were two girls that went through my week long boot-camp who had both the time and interest in having a mentor. Both of them have extremely busy parents and I saw that I might actually provide some opportunities for learning, exploring and reinforcing values that would not otherwise be afforded. I called their parents and offered to pick them up on Thursday afternoons to continue with our lessons. With the exception of the holidays, and 2 weeks I've been traveling, we've met every week and either learned a skill or celebrated a victory...all with lots of girl talk sprinkled in.

## 5 STEP PLAN

Here are the steps you can take to start your own informal, but intentional mentorship relationship!

### 1. DECIDE WHO YOU WANT TO MENTOR

The first step is to decide who you want to mentor. Are there girls you already know and would like to work with? Just as importantly—are their parents' interested in pairing them with a mentor? If you are working with girls under 18, parental buy-in is super important!

If you don't have specific girls in mind, you may need a strategy like mine. You can plan your program for a certain age group, life situation, interest, sub-culture, and then find a way to communicate your program to those girls and their parents!

If it's just you, I would recommend no more than three mentees. One is great, and two or three is nice

because the girls like to do things with people in their own age-group. Anything over three though, and you are giving up the intimacy and attention that makes mentoring so powerful. (Also, remember that unless you are doing this formally through a church or community group, you're picking up the tab.)

If you think you will have a larger group of girls interested in mentorship, ask some trusted friends if they would be your apprentices. You would organize the meetings, but they would interact with the other girls. It's best to keep the ratio of no more than 3 girls to one mentor. It's also best to keep them in the same groups week by week to foster closer relationships. You can rearrange groups each semester...but this guide is primarily for small, personal mentorship plans.



**ABOVE:** One of my personal mottos that I also apply to mentoring. I'm convinced that many well intentioned people spend their energies sheltering our girls and then fail to give them the framework tools they'll need to make their own good decisions.

# 5 Step Plan

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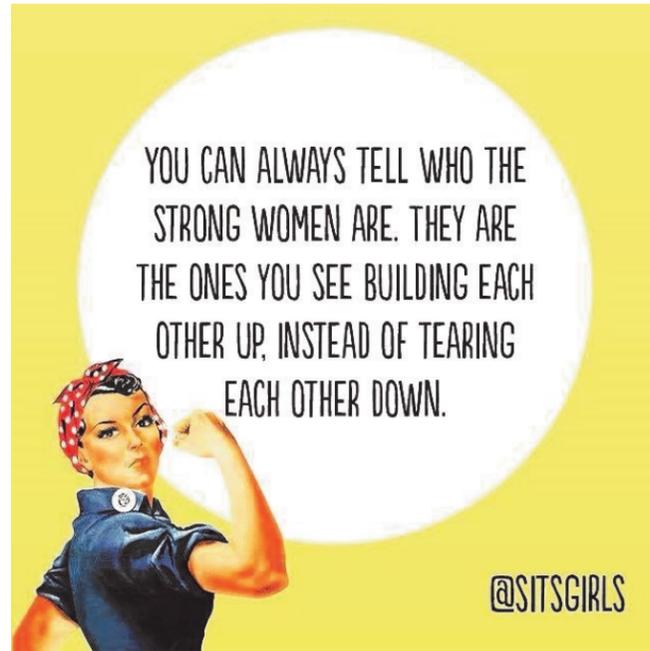
## 2. DECIDE WHAT TO DO OR TEACH

The next thing to decide is what kind of curriculum you'll teach and what you actually want to do during your time together. There are lots of things girls need to know. (See my attached list) You may want to teach little life skill lesson yourself, or you might arrange to interview local professionals at their business. This method might take you more time than the others but you will be adding SO much value to these girls' lives!

Another super low stress way to interact with girls is to structure your mentoring times as a book club. Pick fiction or non-fiction books that introduce values or helpful information that you can discuss weekly. As the mentor, you'll read the assigned chapters ahead of time, make up discussion questions, then segue into more personal discussions. Some books even come with their own discussion questions at the end of the chapter.

Growing up, I loved *The Chronicles of Narnia*, but I know there are so many more good reads out there! Check out *The Killing Tree*, *Pon Jordan's Far Shore*, *Never The Bride: A Novel*, or just look at Amazon.com for "Christian Fiction". If you are part of a local church, they may pick up some of the costs for you as part of their personal ministries funding, but you might also have to have each book approved.

Additionally, if you want to use the video-based success course resource I developed (*Rock Your Life*) as part of your program, I'll be happy to give you a significant discount as well as a facilitator's guide. It's got over 30 lessons with worksheets, exercises and incentives. You can check it out at [Udemy.com](https://www.udemy.com).



## 3. CREATE YOUR SCHEDULE & CALENDAR

Here's how I generally schedule our time, but these are just estimates. I'm not overly concerned about being on a schedule. You do what works for you. See attached spreadsheet for planning.

4:10	Snack and/or drinks & conversation
4:20	Devotional thought
4:30	Teach Curriculum Item/ related discussion
5:15	Peer week critiques (The girls talk about their week, what went well and what didn't and offer ideas on how to improve, or reach goals if appropriate)
5:30	Goodbye! (sometimes, we go longer if we're working on a project and their parents have approved.)

Each quarter we skip curriculum and spend more time on the personal goals that we set the quarter before. They have created a Specific, Measurable goal in each of the following areas:

\*Spiritual—your relationship with God, what do you want to learn or do for him this year?

\*Physical—how's your health and wellness, what can be improved?

\*Intellectual—what do you want to learn?

\*Relationships with friends and family—hows your communication, do you spend time together? What can be improved?

\*Community service—what are you doing in your local area to improve lives?

\*Career & Legacy (What do you want on your tombstone) All the other things build into this one. What story of your life will people tell when you're gone?

I have the girls' goals written on a note card and they do too. I ask them to tape it where they'll see it every day. When they meet their goals for the quarter we celebrate by going to dinner and set new goals.

Occasionally we take "field trips" to see people or do things that tie into their life goals—to a music store to learn about playing an instrument, to a hospital to talk to a doctor about her profession, etc. I call their parents when these opportunities come up.

You can set the calendar as far in advance as you like. I don't even tell the girls what we're doing from week to week, but sometimes if I have something special I ask their parents the week before. I have a calendar spreadsheet attached just in case you want it.

## 4. SKETCH YOUR BUDGET

When I started, I didn't have a budget at all, but now I'm paying a little more attention to costs. If you decide to grow this and make it more formal, you'll probably want to do more budgeting. I've included a little spreadsheet at the end of this guide that outlines where I spend a few dollars.

## 5. MAKE IT SUSTAINABLE

What I really like about this idea is that it's small and simple enough that anyone can do it. Even younger teens can ask questions and get some snacks together. A goal of mine, (and yours if you adopt it) is to get the girls who are getting mentored now, to be a mentor or at least an apprentice for the next year. We actually learn best when we're teaching so plugging the girls in as soon as possible as the discussion lead-

ers is the best way to build leaders!

If (or when) your program grows, try to find roles for everyone, including the mentor or group leader, apprentice (your future group leader), time-keeper, greeter, snack preparer, photographer, scrapbooker, communications expert, etc. Get them involved as quickly as possible with a role and watch this movement of girls supporting girls spread like wildfire!

*Just to reiterate: exactly what you teach is secondary to having regular, nurturing, intentional time with the girls. The curriculum is good stuff, but your time spent listening to and loving on those girls will be more appreciated than any new skill!*

If you would like to use my online, video based curriculum, *Rock Your Life*, for your mentorship meetings, let me know! I can give you a **significant** discount if you will be the one facilitating the course!

[amie@greaterthanrubies.org](mailto:amie@greaterthanrubies.org)

# ON MENTORING

What is mentoring anyway?

To the best of my knowledge, mentoring is a “developmental partnership” where one person with more experience shares knowledge, skills, information, and perspective to encourage the personal, professional or spiritual growth of someone else. This guidance is not done for personal any personal gain, though it will be a blessing to both the mentee and the mentor.

Mentoring is not, in the strictest sense, training, coaching, or even just teaching—though those things may play a part in your time together. Rather, the bigger goal of mentoring is a long term relationship (often a friendship) that benefits both parties. Each relationship is a story with many different subplots, but a great relationship with a mentor will lead each mentee to strive to reach her God-given potential.

## The Greatest Mentor

Of course, if I could emulate anyone’s effectiveness, it would be Jesus’s. He had multitudes following Him, but asked 12 to follow more closely. From those 12, he closely mentored three—so that’s kind of my model. I’m not trying to have a larger inner circle than Jesus did—that’s a little grandiose.

I would recommend a similar model to those who are interested in ministering to young women. At any given time, select up to three girls and endeavor to be an example to them for moral living, critical thinking, service and activism.

## Do’s and Don’ts

I am definitely not the mentoring guru, but here are some things that have been helpful for me to remember as I meet with my girls:

## DO

- Really get to know your mentee. Try to really understand how things are for her now—her greatest hopes, fears, and desires.
- Open up about yourself, especially about the good and not so good choices you made when you were their age.
- Agree with your mentee wherever you can
- Actively listen more than you talk!
- Be honest and sincere (people pick up on inauthenticity.)
- Share your knowledge rather than giving advice.
- Encourage, and praise liberally—especially anything that makes your mentee unique and any improvements she exhibits.
- Be enthusiastic about life and – it’s contagious.
- Stress the positive.
- Have your mentee assume responsibilities within your time together and hold her accountable.
- Help your mentee view her mistakes as learning experiences.
- Help identify your mentee’s talents, strengths and spiritual gifts.
- Have activities for your mentee planned in advance.
- Attend your mentees school programs or activities. Let their guardian know you’re attending!
- Be persistent. A mentee who fails to call or attend your session must be pursued. There may be something deeper going on if she keeps missing.
- If you’re going to miss a mentoring session, call your mentee and her guardian to let them know in advance. It is important to let the mentee know you did not forget about her!
- Be open to what your mentee can teach you or share with you.
- **Honor Your Commitment – This is extremely important! You’ll hear this over and over again!**
- **When your period as a mentor is over (summer, semester, school year, etc.) Make sure you take plenty of time to revisit the year and talk about what each of you learned and enjoyed. Closure is very important for your mentee!**

## DON’T

- Expect to instantly be trusted with your mentees innermost secrets and information—it takes time! I think I was meeting weekly for about 6 months before we started having good talks.
- Be lenient in order to be liked or considered “cool” – it won’t earn your mentee’s respect. They need to know where you stand on moral issues.
- Lecture, moralize or preach.
- Tell them what to do (instead, you should suggest, invite, encourage, tell stories highlighting other people who made a similar or different choice and the outcomes).
- Share personal problems unless it’s unavoidable or you need to explain why you’re acting a certain way. (If you’re uncharacteristically down, let’s say.)
- Make promises you can’t keep.
- Be convinced that what mentees say is exactly what they mean.
- Pry. Respect your mentee’s privacy, and remember that you have that right as well.
- Worry about knowing all the answers, Saying “I don’t know, but I can find out” builds your mentees confidence in your trustworthiness.
- Interpret quietness or apparent lack of enthusiasm as a dislike for you. Sometimes your mentee is just processing!
- Be sarcastic or tease (at least until you know what her insecurities are! I accidentally did this and MAN it was rough to recover.)
- Make negative statements about your mentee’s parents, friends, neighborhood or financial situation.
- Lend money.
- Violate confidences, except in a case when your mentee is threatening to hurt herself or others. If that happens, violate away! If you wish to talk to your mentee’s guardian about something that comes up, ask her permission.
- Forget your needs as a young person. What do you wish an older/ wiser mentor had helped you with when you were younger?
- Attempt to become a surrogate parent or a best friend to your mentee.

## Resources

Hi!

I found some additional resources during my research phase that might be helpful to you! Here they are:

[Focus On The Family Article: Misconceptions About Mentoring](#)

[Focus On The Family Article: Mentoring At Risk Youth](#)

I recommend *Spiritual Mentoring For Teens, The Complete Guide* put out by Focus On The Family. It’s super cheap over at Amazon.com.

If all of this has interested you in being part of a formal program, check out Big Brothers/ Big Sisters at <http://www.bbbs.org/>

Additionally in some areas, there are full time, paying mentorship jobs through a really cool organization called [friends of the children](#).

Well, that’s about it! Let me know if you choose to “Start Something” in your area. I’ll be praying for you! Also, if you have any nuggets of wisdom to add to the guide, please contact me!

I love what you’re doing!

Amie Register  
President, Greater Than Rubies

PS. If you want to talk, or have question about starting a personal mentoring ministry, feel free to contact me at [Amie@greaterthanrubies.org](mailto:Amie@greaterthanrubies.org) or via any of the methods below.



Here is the invitation I made for my pre-launch event, mentioned on page 3. I have reduced their size just a bit from the original 1/2 page. I did the front in color and printed on light cardstock.

**\$259.99**  
available in  
scholarships!

**INTRODUCING THE "ROCK YOUR LIFE"  
SUCCESS BOOT CAMP**

*Now in Greenbrier! July 14-18 from 6 to 8:30 pm*

The *Rock Your Life* Boot Camp is for:

- Girls who are ages 14-18
- Leaders & influencers
- Interested in being successful
- Curious about God's blueprint for their life
- Wondering what kind of guy they'll end up with
- Want an advantage when applying for jobs/ scholarships
- & much more!

Space & scholarship dollars are limited,  
so please call or apply online now! 501.420.4877  
RockYourLifeBootCamp@eventbrite.com



## More about "Rock Your Life"

501.420.4877  
RockYourLifeBootCamp@eventbrite.com

Dear Greenbrier neighbors and friends,

This is your personal invitation to invest in a girl you love by sending her to a success-building boot camp. The *Rock Your Life* Boot Camp is the condensed, mobile version of our online program by the same name. This course is guaranteed to assist our young women in discovering their identity, life's purpose, quick start success tips, Godly relationships and how to serve their community—all with a Biblical foundation. You can read more details and reserve your seat at [RockYourLifeBootCamp@eventbrite.com](mailto:RockYourLifeBootCamp@eventbrite.com).

The boot camp will be each weeknight, July 14-18 from 6 to 8 pm at my headquarters in Greenbrier. There will be light refreshments served. Each attendee will also receive a gift from me when they complete the course!!! To learn more about Amie Regester, the course instructor, please visit her website at [www.greaterthanrubies.org](http://www.greaterthanrubies.org).

**This Boot Camp is regularly \$69.00 per person, but scholarships have been made available by some generous area donors. Call 501.420.4877 by noon on July 11th to apply for scholarship dollars, a seat and a shopping card for your girl!!!**

Investing in our young women of promise,

Amie Regester



## Contact and Permission

Guardian's Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I hereby give my permission for (girls name) \_\_\_\_\_ to fully participate in the *Rock Your Life* success course held July 14-18 from 6 to 8 pm at 18 Sweetbriar Lane, Greenbrier Arkansas and agree to hold the event staff harmless for any accidents that may occur on the premises. I understand that topics such as sex, purity, worldviews, and other topics will be part of our Christ-centered, Bible-based program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I also give permission for photos, videos and written quotes about the program to be shared on social media, the [greaterthanrubies.org](http://greaterthanrubies.org), through the GTR newsletter and in other promotional pieces.

Initial here \_\_\_\_\_

- Opt me in to the Greater Than Rubies e- Newsletter!
- Tell me about Group Discounts to the Online Program for my girls.
- Interested in hosting a Rock Your Life Boot Camp at my church or school.
- Come speak at my church or group!
- I'd like to sponsor a girl whose family cannot afford the tuition.

# **70 Things To Teach Your Mentee**

## **Household**

Basic Maintenance & when to call a pro  
Plumbing  
Electric  
Roofing  
Heating & Cooling  
Painting  
Laundry  
Cleaning routines  
Organization tips  
How to choose your first apartment or home  
Decorating on a budget  
Basic nutrition  
Cooking terms and reading recipes  
Hand sewing for repairs  
Machine sewing basics

## **Outdoors**

Starting and caring for a lawn-mower  
Various tools and their uses  
Sprouting seeds  
Planting easy food crops  
Composting

## **Automotive**

How to choose a practical car  
Basic care  
Finding an honest repair shop  
Changing a tire  
What to do in case of emergencies

## **Health & Wellness**

Helping your body heal naturally (basic cold & flu fighters)  
Weight management/ healthy BMI  
Heimlich Maneuver  
CPR  
First aid  
Recognize emergencies (seizures, stroke, heart attack, etc)

## **Personal Safety**

Increasing alert & awareness  
Defensive tools and techniques

## **Financial**

Savings strategy  
Creating a simple budget  
How to pay bills, write checks, read statements

How to make your money make money (principles of investment)  
Frugality (strategies for stretching the dollar)  
Credit & debt: how they work, when to use  
Retirement, what it will take for her  
Giving Back: how to plan for and fund your favorite causes  
Entrepreneurship: how to start a side hustle & earn 100-200/wk

## **Thinking For Herself**

Rules of logic  
Questions for Critical thinking  
Analyzing her worldview  
Decide how to measure success

## **Success Strategies**

How to manufacture motivation  
Prime mind for positive thinking  
Stop procrastinating  
Discover purpose  
Find passion  
Live in the NOW while planning for the future

## **Social Necessities**

Discover how to judge character  
Manners For Dining  
Making proper introductions  
Move from competition to collaboration  
Develop compassion  
Define love  
Learn real listening  
Carry a conversation with all walks of life  
Develop intimate relationships  
Select potential spouse  
How to fight fair

## **Career**

Interests and Aptitudes  
Appearance and Professional grooming  
Projecting confidence  
Ask for and receive feedback  
A competitive resume  
Interview etiquette  
How to negotiate

This table below acts as my basic planning guide so I can map out what I'll be teaching during each session.

The table on the following page is my basic budgeting spreadsheet.

Mentoring Program Calendar				
Date	Topic/ Lesson	Materials Needed	Journal Question	Expert to contact?

Mentoring Program Budget									
One Time	Cost Est.	Weekly	Cost Est.	Quarterly	Cost Est.	Year End Ceremony	Cost Est.	Gifts	Cost Est.
Meet & Greet Refreshments		Snacks		Goal Achievement Incentiv		Certificate Design/ Print		Christmas	
Decorations		Fuel		Greeting Card		Mini Martinelli's		Birthday	
Response Journals		Copies				Snacks		Valentines	
Book Fees		Teaching Materials							
Flyers Design & Print									
Writing Implements									
If your program grows and has multiple mentors meeting with many kids, remember to budget for rewarding your volunteers!									