

Disciples 4 Christ

Mentor Guidelines

Mentoring another requires a heart of patience, compassion, control, integrity and many other things women are naturally gifted in. It sometimes may be hard to separate mothering from mentoring, for we women have nurturing tendencies. There is nothing wrong with that but there are some guidelines and boundaries we hope to offer you as the mentor to reach out to your mentee to help both you and her be successful. Keep your focus, keep Christ first, don't take it personal when she reacts in a way that surprises you. Remember you are there to encourage, guide, listen, pray with, pray for, be an example, and construct a life in the way she should walk in all aspects of her life. Your time and love is greatly appreciated.

The Mentor...

Is a Christian (women only), she has high integrity, morals, and values, her walk with God must reflect Him. The Mentor's motives and encourages her mentee to be all God created her to be.

Ways a mentor helps...

- Transportation is one of the most helpful tools for her at this time in her life. Just coming out of prison she has many needs. These needs are met in various ways.
 - a. Parole meetings
 - b. Celebrate Recovery
 - c. Job Search/Interviews and filling out applications
 - d. Church services
 - e. Other appointments and meetings that may come up.
- Prayer and biblical applications
- Guidance, instructions on appearance (in love of course)
- Listening

Don't forget...

She might struggle with low self esteem-your objective is to help her realize who she is in Christ.

Establish firm boundaries—do not loan money, let her know your time availability.

Know her (mentee) needs.

To leave your personal problems at home while with her.

To recognize-her needs, issues, pitfalls, & trigger for drugs, unhealthy relationship with family and friends.

When to say "No" if she:

- a. Asks to borrow money
- b. Asks you to keep a secret or not tell, "it's just between you and me". (keeping her secrets could hurt her recovery as well as hurt the creditability of the ministry and aftercare programs.
- c. Asks you personal information or details.

Letting go and moving on from the mentor relationship.

- a. When there is conflict.
- b. Resident no longer needs mentoring.
- c. Other issues involved.

Again please ...

- Establish firm boundaries.
- Establish availability- when and when not to call.
- Establish her level of need and what you can and not do.