

# TRAINING CURRICULA & SCHEDULE 2016



**FREE...**  
for mentors & staff of  
partner agencies;  
\$25 for all others.

| Training Session   | Audience               | Topics Learned   | Date/ Time (6-8pm)  |
|--|------------------------|--|---|
| <p>MAKING OF A MENTOR/ RELATIONSHIP BUILDING</p> <p><b>“Must-have” for all new mentors</b></p> | Mentors                | <ul style="list-style-type: none"> <li>Learn methods to build rapport &amp; overcome barriers through discussions and scenarios</li> <li>Applying relationship skills with your new mentee</li> <li>Distinguishing key characteristics of a mentor</li> <li>Recognize and embrace cultural differences</li> <li>Gain specific communication skills to build your mentor mentee relationship</li> </ul> | <p>Mon: Jul. 11, 2016</p> <p>Thurs: Aug. 18, 2016</p> <p>Tue: Sept. 27, 2016</p> <p>Wed: Oct. 19, 2016</p> <p>Tues: Nov. 1, 2016</p> <p>Thurs: Dec. 8, 2016</p> |
| CULTURAL DYNAMICS  | Mentors                | <ul style="list-style-type: none"> <li>Explore the effects of one’s own culture</li> <li>Learn to communicate and build bridges across cultures including differences of race, education, and economics</li> <li>Learn effective techniques for working with lesbian, gay, bisexual and transgender youth</li> </ul>   | Tue: Aug 2, 2016  |
| MENTORING THE ADOLESCENT   | Mentors                | <ul style="list-style-type: none"> <li>Learn how to build trusting &amp; successful relationships with adolescents</li> <li>Understand how to help teens cope with new challenges, roles, and responsibilities</li> </ul>  | Wed: Nov 9, 2016  |
| GOING THE DISTANCE   | Mentors                | <ul style="list-style-type: none"> <li>Learn how to “go the distance” in your relationship with your mentee</li> <li>Learn the challenges, pitfalls, and effects of prematurely terminating the mentoring relationship.</li> </ul>   | Thurs: Dec. 1, 2016   |
| LEARNING STYLES— TIPS FOR TUTORS   | Mentors                | <ul style="list-style-type: none"> <li>Identify &amp; understand learning styles to help your mentee grow</li> <li>Learn tutoring techniques &amp; review child/youth developmental stages</li> </ul>  | Weds: Sept. 21, 2016  |
| ANGER MANAGEMENT   | Mentors                | <ul style="list-style-type: none"> <li>Understand “trigger points” as well as win-win strategies for resolving power struggles</li> <li>Learn to help kids spot their ‘triggers’ and replace ‘hot thoughts’ with ‘cool thoughts’</li> </ul>  | <p>Tues: July 19, 2016</p> <p>Tues: Oct. 4, 2016</p>  |
| ELEMENTS OF EFFECTIVE PRACTICE   | Agency Leaders & Staff | <ul style="list-style-type: none"> <li>Learn about key guidelines that are geared toward starting a mentor program or helping mentoring organizations endure &amp; thrive. Workshop includes: Program Design Planning, Management, Operations, and Evaluations.</li> </ul>   | For location, time, and upcoming sessions, Call: 614-839-2447 x 150   |

<http://www.eventbrite.com/o/the-mentoring-center-of-central-ohio-6828167921>

Questions? Feedback? Or Inclement Weather...

CONTACT: Email: [ftayab@bbbscentralohio.org](mailto:ftayab@bbbscentralohio.org) or phone: 614.839.2447 x150