



The Mentoring Center of Central Ohio

Training mentors . . . Transforming lives!

TRAINING CURRICULA/SCHEDULE

COST: FREE for mentors, mentees and staff of partner agencies; there is a \$25 charge for all other attendees
REGISTRATION: Call 614.233.MENT (6368) or email shughes@mentoringcenterco.org to register for a training
TRAINING LOCATION: Training dates listed take place at HandsOn Central Ohio - 195 N. Grant Ave., 43215
LENGTH OF SESSIONS: Training sessions are 2 hours from 6pm - 8pm
CERTIFIED TRAINING: Participants completing 3 sessions will qualify to receive a certified training certificate.
WEATHER ALERTS: During extreme weather, please call 233-6368 to confirm whether training will take place.

Training Session	Training Audience	Topics Learned	2012 Training Dates
Making of a Mentor/ Relationship Building <i>(REQUIREMENT FOR ALL NEW MENTORS)</i>	Mentors	<ul style="list-style-type: none"> Learn ways to build rapport and overcome barriers through discussions/scenarios Learn specific communication skills to build your friendship! 	Tues: April 3 Weds: May 2 Thurs: June 14
Cultural Dynamics	Mentors	<ul style="list-style-type: none"> Explore the effects of one's own culture Learn to communicate and build bridges across cultures 	Tues: May 15
Anger Management	Mentors	<ul style="list-style-type: none"> Understand "trigger points" as well as win-win strategies for resolving power struggles Learn to help kids spot their hot buttons and replace "hot thoughts" with "cool thoughts" 	Weds: April 18
NEW! Bullying Component Mentoring the Adolescent	Mentors	<ul style="list-style-type: none"> Learn how to build trusting and successful relationships with adolescents Understand how to help teens cope with new challenges, roles, and responsibilities Learn effective techniques for working with angry and bullied teens. 	Tues: April 24
Learning Styles and Tips for Tutors	Mentors/Tutors	<ul style="list-style-type: none"> Identify and understand learning styles to help your mentee grow Learn tutoring techniques and review child and youth developmental stages 	Fall 2012
Going the Distance	Mentors	<ul style="list-style-type: none"> Learn how to go the distance in your relationship with your mentee. Learn the effects, challenges and pitfalls of prematurely terminating the mentoring relationships. 	Fall 2012
Elements of Effective Practice	Professionals	<ul style="list-style-type: none"> Learn about key guidelines that are geared toward starting a mentor program or helping mentoring organizations endure and thrive. Workshop will include: Program Design and Planning, Program Management, Program Operations, and Program Evaluations. 	For location, time, and upcoming sessions, Call 839-2447 X103

Interested in leasing our curricula or having the Mentoring Center staff facilitate training at your site?
For leasing and facilitation rates call us at 614.839.2447 X103 | www.mentoringcenterco.org