



Sharing Good Guidance Strategies from Mentors in Challenging Times

BUILDING STRONG CONNECTIONS



Communication is key. Volunteer your feelings, honestly and make sure that your mentee knows you are a safe person to share theirs with in return.



Utilize resources like icebreakers and good questioning techniques to forge strong connections with your mentee.



Use the 'art of questioning'. Practice questions that progress conversation.



Listening is the intent, rather than to be heard. Be patient and wait for reflection.



Be mindful of Equity, Diversity and Inclusivity lenses and Black, Indigenous and People of Colour lenses when making matches.

CREATING COMMUNITY



Develop a strong online community for times when distance or other factors make in-person meetings impractical.



Seek out online events that build community: beading, art, tea with Elders.



Indigenous online events are especially important for Indigenous mentees who are struggling to find connections in their community.



Increase communication to encourage engagement and retention.



Increase gratitude.

USING TECHNOLOGY EFFECTIVELY



Make a Plan on how you're going to engage with the mentee using tech, especially for mentees without supportive home environments.



Implement tech in natural ways. Each can go for a walk and virtually connect.



Find things to do in a virtual setting that aren't tech focused. This may include playing online games together, chatting via FaceTime/Skype, or playing trivia together on Houseparty.