



# 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.

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## CREATING COMMUNITY

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**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.**

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## USING TECHNOLOGY EFFECTIVELY

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**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.