



# Mentorship Strategies for Success in Challenging Times

**Claudette Commanda**  
*Kitigan Zibi Anishinabeg Nation*

---

## TIPS FOR MENTEES

---



**Maintain connections to your community.** When you're away from home, reach out to local Indigenous communities through Friendship Centres, urban agencies, or groups. You can also maintain the connection through culture, identity, language and all that you are: your family and your relatives.



**We are a successful people.** We were always successful, and we will continue to be successful.



**Take your place, take your strength, use your voice.** Reach out to a trusted person for guidance.



It takes others to see the potential, skills and strengths you have, **listen to your mentors.**



Don't be afraid, **have courage.**



**Believe in yourself.**

## TIPS FOR MENTORS



**Reach out to Indigenous communities;** work with an Indigenous agency, Friendship Centre or First Nation. Build bridges and foster relationships with Indigenous people. Work with families. Make friendships.



**Build programs and activities on the foundations of Indigenous culture,** wisdom and knowledge.



**Indigenous youth are the priority.**



**Be mindful and respectful of diversity,** each nation and community is unique. Learn protocols.



**Connect with Knowledge Keepers,** seniors, veterans, experts, resource people. They are there to help and speak to youth.



**Indspire**

Indigenous education, Canada's future. | L'éducation des autochtones, L'avenir du Canada.

[indspire.ca](http://indspire.ca)

**rivers**  
to success  
Mentoring Indigenous Youth