



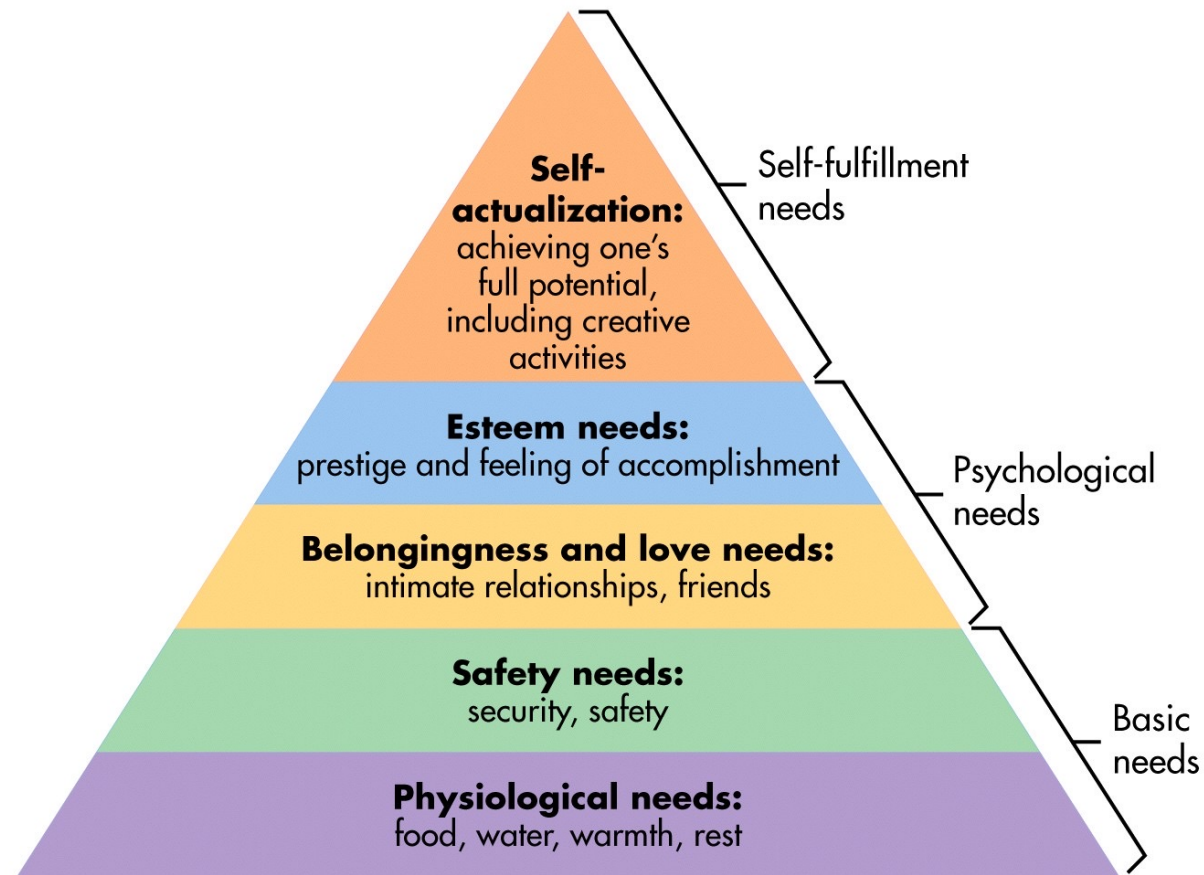
# **Connecting Through Mentoring**

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Assistant Director/Lawyer Counsellor

FOR A HEALTHY LEGAL COMMUNITY

# Maslow's pyramid of needs



# Mentoring 1.0



Teach about asking for help



# Model Self-Compassion



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# Mentoring 2.0



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# Holding space for mentees

- Being open minded
- Seeing them
- Empathy
- Listening Skills
- Instilling support
- Finding commonality
- Bringing them into the fold



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# Mentoring is a two way street!







# LAPBC

- Counselling
- Options
- Workshops
- Groups
- Presentations

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