LAPBC

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BE THE BEACON: A MODEL FOR MENTORS/PEER FRIENDS

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Agenda: BEACON

Welcome and Introductions

BEACON Mentoring:

- **B**oundary clarification
- **E**ncourage
- **A**ssist
- **C**ommunity Connections
- **O**pen Communication/Sharing
- **N**ourish the Relationship

Introductions

- First Name
- Name one thing you do for fun/self care
- What do you hope to gain from today?
- What is one thing you offer as a mentor/peer friend?

Boundary Clarification

Types of Boundaries

- Sexual
- Time
- Physical
- Materials/Things
- Personal familiarity
- Intellectual

Pairs and Small Groups

Small group share:

- Describe a time when you successfully navigated a boundary violation of any of these boundaries; how do you know it was successful

- Sexual, Time, Physical, Materials/Things, Personal familiarity, Intellectual

Pair share:

- Create a narrative to inform expectations of your mentoring relationship as a Peer Friend (informal mentor) and Formal Mentor – how are they the same, how different

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Encourage vs Assist

Small Group Share

- Two people observe and scribe while two people demonstrate a healthy form of encouragement and a healthy kind of assistance

- Scenario: Mentee isn't comfortable asking for help at work when they are feeling overwhelmed about an assignment

Community Connections

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Open Communication/Sharing

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Nourish the Relationship

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Small Group Brainstorm/Share

- Make a list of ways to nourish mentor relationship

- Formal Mentorship

- Peer Friend (informal Mentorship)

- Share with large group

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Counselling

Options

Workshops

Groups

Presentations

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