



Activity-Based Mentoring: Can Activities Make Mentoring Better?

April 21, 2016

2016 Collaborative Mentoring Webinar Series Planning Team



Good to Know...

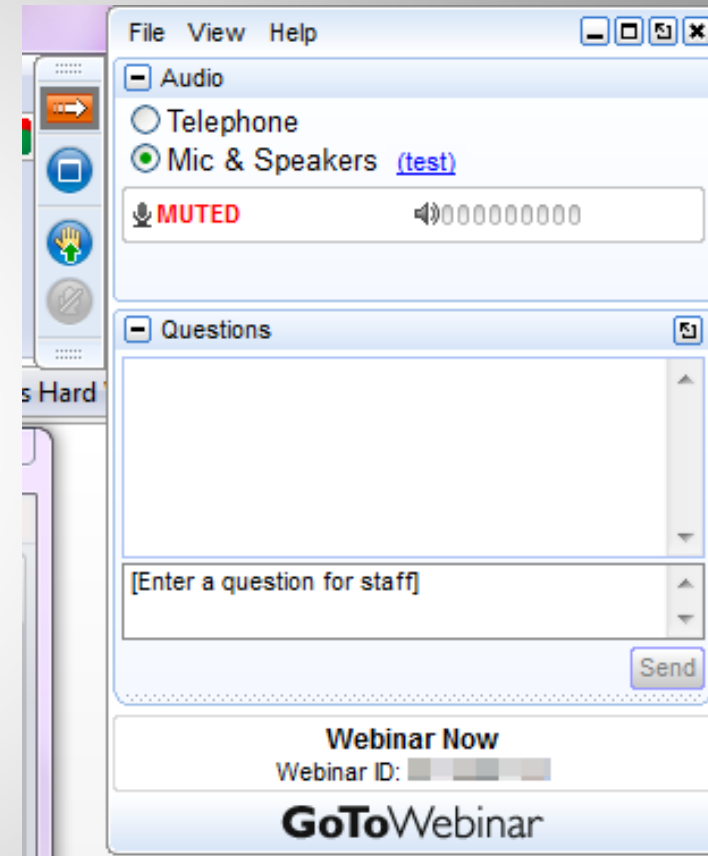
One week after the webinar, all attendees receive an email with:

- Instructions to access slide PDF and webinar recording
- Link to CMWS webpage – all slides, recordings, and resources posted.

Please help us out by answering survey questions at the end of the webinar.

Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?



Poll 1

What is your experience level in the mentoring field?

Poll 2

What is your role in
the mentoring field?

Today's Webinar

- Panelist 1: Edith “Winx” Lawrence
Young Women Leaders Program
- Panelist 2: Seth Ehrlich
SOS Outreach

**Q & A throughout the presentation
(use the Q & A panel)**

Panelist 1: Edith “Winx” Lawrence



**Director, Young Women
Leaders Program
University of Virginia**

Winx Lawrence, Ph.D. is a Professor in the Curry Programs in Clinical and School Psychology at the University of Virginia, Program Coordinator for the Curry School of Education undergraduate major – Youth and Social Innovation, and Director of the Young Women Leaders Program (YWLP), a mentoring program for middle school girls and college women that focuses on boosting the self-esteem and leadership skills of both ages. Established 19 years ago, YWLP has served over 1400 middle school girls locally and been adopted by over a dozen communities and colleges nationally and internationally.

Panelist 2: Seth Ehrlich



**Executive Director
SOS Outreach**

Seth Ehrlich joined SOS Outreach in 2005. Prior to being named executive director, he served as the vice president of operations and enabled the organization's significant growth in programs, capacity and locations. He has a bachelor's degree from Allegheny College and a master's degree from Carnegie Mellon University. He lives in Edwards, Colorado with his wife, Jennifer, and their two children.

Activity-Based Mentoring



What the Research Says

- What are the potential benefits & risks of combining one-on-one mentoring with group activities?
- Young Women Leaders Program
 - 78 mentees & 68 mentors
 - 8 mentoring groups
- Survey & group observation data

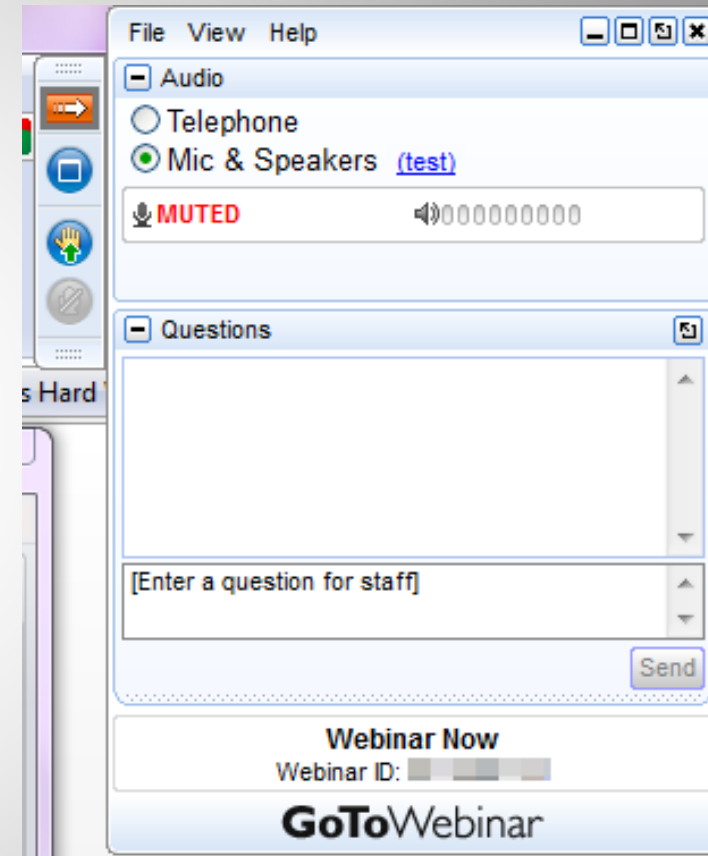


Fostering Mentoring Relationships

- Scaffolding for relationship development
- Safe space to practice skills
- “Real time” coaching
- Developing sense of competence
- Facilitating connected community

Q&A for Researcher

Type your questions in the question box:



Poll 3

What concerns you most about activity-based mentoring?

Activity-Based Programs

☐ Young Women Leaders Program (YWLP)

- University of Virginia, Charlottesville, VA

☐ SOS Outreach

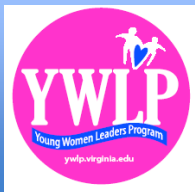
- Colorado
- Lake Tahoe
- Utah
- Pacific Northwest



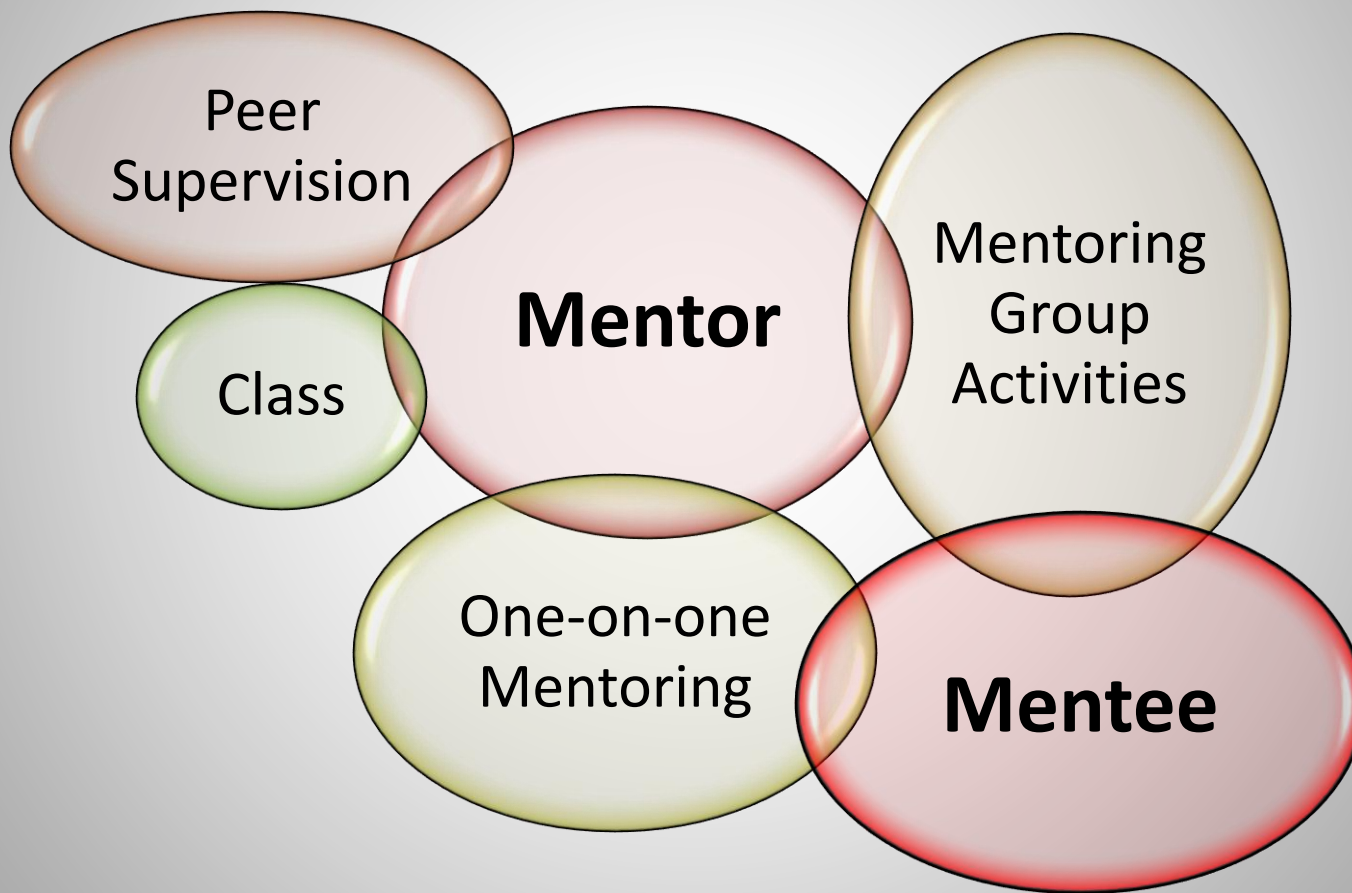
Young Women Leaders Program

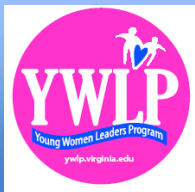


- After-school
- Combined group & 1-on-1 mentoring
- Vulnerable youth
 - “Emerging leaders”
- Established in 1997
- 12+ “sister sites”



YLWP Structure





Group Activity Structure

1. Energizer – 10 min
2. Group Check In – 15 min
3. Activity 1 – 30 min
4. Sister Time – 10 min
5. Activity 2 – 30 min
6. Closing Ritual – 5 min





Activity Focus

- Identity
- Problem solving
- Leadership



SOS Outreach



- Youth dev. non-profit
- Life skills through outdoor programming
- Underserved youth
- 5,000+ youth annually
- 9 program locations



SOS Outreach



- Founded in 1993, intro to snowboarding
- Expanded – year-round, mentors, leadership dev., service & core values
- Served 40,000+ youth

Facilitated Discussion

- ① Options & Considerations
- ② Strengths
- ③ Challenges
- ④ Collaboration
- ⑤ Final Thoughts

Things to consider...



Options & Considerations

- ① Types
- ② Objectives
- ③ Relational focus
- ④ Training
- ⑤ Resources



Strengths

- ① Shared activity
- ② Community
- ③ Engagement



Challenges

- ① Capacity
- ② Risk
- ③ Outcomes
- ④ Prep
- ⑤ Resources



Collaboration

- ① Resources
- ② Participants
- ③ Volunteers



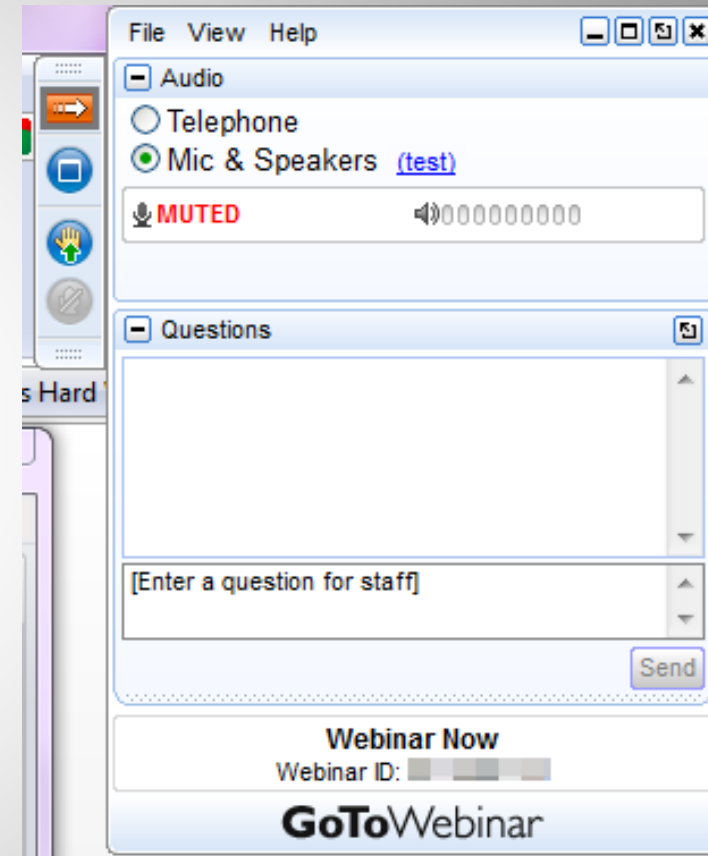
Final Thoughts

- Start small
- Stakeholder buy in
- Provide choice
- Resources



Q&A for all Panelists

Type your questions in the question box:



Panelist Contact Info

- Panelist 1: Edith “Winx” Lawrence
Young Women Leaders Program
ecl2t@virginia.edu
- Panelist 2: Seth Ehrlich
SOS Outreach
seth@sosoutreach.org

Additional Resources

- **Up2Us**, up2us.org – Leader in the sports-based youth development movement.
- **Transforming Youth Outdoors**, mytyo.org – First resource-based community for people committed to transforming youth outdoors.
- **NMRC Research Review**,
www.nationalmentoringresourcecenter.org/index.php/what-works-in-mentoring/reviews-of-mentoring-practices.html?id=133

Additional Resources



National Mentoring Resource Center

Apply for no-cost help for your mentoring program

www.nationalmentoringresourcecenter.org

Mentoring Connector

Recruit mentors by submitting your program to the Mentoring Connector (previously called the VRS)

<https://connect.mentoring.org/admin>

Remember...

After the webinar:

- Please help us out – answer survey questions at the end of webinar!
- One week – email with info on how to download the slides, recording, and resources on the CMWS webpage on the MENTOR website:

http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/

Stay Connected

- Email us at collaborativewebinarseries@mentoring.org
- Tweet with hashtag #MentoringWebinar
- Visit our webpage on the MENTOR website for past and upcoming webinars:

The screenshot shows a web browser window with the URL www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series. The page features the MENTOR logo (National Mentoring Partnership) and the tagline "Expanding the World of Quality Mentoring". Navigation links include HOME, ABOUT MENTOR, START A PROGRAM, PROGRAM RESOURCES (highlighted), GET INVOLVED, NEWS & RESEARCH, and SUMMIT 2015. A search bar and social media icons (Facebook, YouTube, Twitter, Email, LinkedIn) are also present. The main content area is titled "Collaborative Mentoring Webinar Series" and includes a breadcrumb trail: > Home > Program Resources > Training Opportunities > Collaborative Mentoring Webinar Series. A sidebar on the left lists "PROGRAM RESOURCES" with sub-items: Elements & Toolkits, Resource & Publication Library, Volunteer Referral Service, Background Checks, Training Opportunities, and Collaborative Mentoring Webinar Series. The main text describes the series as a partnership between MENTOR and several state-level mentoring organizations, including the Maryland Mentoring Resource Center, Indiana Mentoring Partnership, Kansas Mentors, the Mentoring Center of Central Ohio, the Mentoring Partnership of Minnesota, Oregon Mentors, and the Mentoring Partnership of Southwestern Pennsylvania. The text states that the series provides monthly webinars on mentoring practice, research, and resources. On the right, "Collaborating Partners" are listed with logos for MENTOR, mentoring partnership, Big Brothers Big Sisters of the Greater Chesapeake, and Indiana.

Join Us Next Month!



Mentoring in Rural Communities
Thursday, May 19
1 - 2:15 pm Eastern



Collaborative Mentoring Webinar Series