

Mentoring & Coaching Monthly

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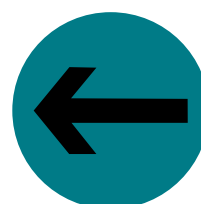
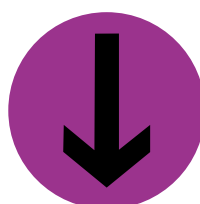
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**“If you cannot see where you are going, ask someone who has been there before.”
— J Loren Norris**



In This Issue

Welcome to the May 2022 issue of Mentoring & Coaching Monthly. In this issue we take a look at all the events and observations happening this month. Mental Health Awareness Month takes place this May along with AAPI Heritage Month. Read about the various ways to observe and support both movements during this month. Lastly to celebrate Mother's Day, we look at a mentoring program designed to help moms learn how to mentor their daughters. Moms as Mentors is a program that aims to train moms on how to be the best mentors and support system in their daughters' lives.



Editor's Letter

Welcome back to Mentoring & Coaching Monthly for our May issue!

May is Mental Health Awareness Month. During this month, we take the time to raise awareness for mental health and advocate for better support systems and care. Read tips on how to champion mental health awareness and what you can do for yourself and others this month.

May is also AAPI Heritage Month. AAPI Heritage Month is celebrated in the U.S. and celebrates and observes the contributions that Asian American and Pacific Islanders have made throughout history and continue to do so today. Read about the history of AAPI month and ways to support and celebrate AAPI Heritage Month this May.

Moms as Mentors is a non-profit group that is designed to foster stronger relationships between moms and their daughters and teach mothers how to be a good role model in their daughters' life. Moms as Mentors has several different programs that specialize in various areas of interest to teach young girls important life skills and have confidence in themselves.

Thank you for joining us on the latest in mentoring and coaching!



Mentoring Programs



Moms as Mentors

Moms as Mentors is an organization whose primary mission is to provide moms with the tools and knowledge on how to be a mentor in their daughter's life. Moms have one of the biggest impacts on their daughters lives so it's important that they know how to use their influence in the most beneficial and supportive way.

Moms as Mentors has various programs with four key areas that they specialize in. Each program offers team building activities and mom and daughter bonding time.

Their Build Bridges program aims to help create confident women leaders in STEM fields. These workshops include hands-on science and engineering activities to encourage girl's involvement in STEM subjects. The Stand Together program helps mothers and daughters work together to explore how they can make social change through political and civic engagement. Make It Count is directed at helping with financial empowerment and entrepreneurial spirit for young girls. This program introduces business-related activities such as teaching the value of money and imagining oneself as an entrepreneur. Stronger Together is a program that emphasizes body positivity and confidence for both moms and their girls. Those who participate in the program are given resources and tips on how

to promote a healthy body image for girls.

After participating in the program, moms said that they felt more equipped to mentor their daughters and help them to realize their full potential. Daughters said that after the program they felt a stronger bond with their moms, even if they already had one.

Check out their website to see how to get involved with Moms as Mentors!

[Learn more here](#)

[Programs](#)

Insider's Look

Mentoring and Diversity

Mentoring and Diversity by Belle Rose Ragins, David Clutterbuck, and Lisa Matthewman was published 20 years ago, but is still an important and relevant piece about the practice of diversity within mentoring. Throughout the book, Ragins, Clutterbuck, and Matthewman explore how mentoring can be used to develop diversity initiatives and create a diverse and innovative workplace.

The book provides new insights into the connection between diversity and mentorships by exploring mentoring relationships within a range of international contexts. It discusses mentoring at both the personal mentor-mentee level and within a formal organizational level.

The book is divided into four parts that review and reflect on theory and research in the area of diversity within mentoring. The first part goes over existing theory and research on diversity within mentoring relationships. The next part reviews empirically-based observations of the “best practices” used in diversified

mentoring programs in international contexts. The third part includes a collection of case studies of diversity in mentoring programs and individual mentoring relationships. The last part includes an analysis of overall themes throughout the case studies and how they present new ground for emerging research.

For those who want to learn about mentoring for their own career and personal development this book holds great insights and perspectives, you can find the book here!

[Get the book here](#)

[By: Belle Rose Ragins](#)

[By: David Clutterbuck](#)

[By: Lisa Matthewman](#)

This Month

AAPI Heritage Month

Asian American Pacific Islander (AAPI) Heritage Month is observed in May to celebrate the accomplishments that individuals of Asian and Pacific Islander descent have made to American history and society. The theme for 2022 is “Advancing Leaders Through Collaboration,” which encourages organizations and governments to prioritize inclusion and development of leadership training for AAPI people.

AARP lists several ways to observe AAPI Heritage Month. One way is to support Asian-owned small businesses and restaurants. During the Covid-19 pandemic, many Asian-owned businesses were hit hard due to anti-Asian rhetoric. Check out local Asian-owned restaurants and businesses in your area during this month.

One way to learn more about the experiences and history of AAPI communities is by reading books and exploring entertainment. There is a great amount of literature, movies, podcasts, and TV shows that tell Asian stories. Participate in AAPI events happening all throughout May. There are several in-person and virtual events happening across the United States. The Asian Comedy Festival is taking place in New York May 6 and 7. In Northern California, the Locke Foundation will be hosting its Asian Pacific Spring Festival. For those that can't attend in-person events, AARP Oregon will be hosting a virtual meeting on May 17th to discuss strategies to fight anti-Asian hate and stereotypes.

It's important to remember that May is not the only month for supporting the AAPI community. Celebrating and learning about the AAPI community can be done throughout the whole year.



[More information here](#)

[History here](#)

This Month

Mental Health Awareness Month

Each May the National Alliance on Mental Illness joins the national movement to raise public awareness about mental health. This year their theme for Mental Health Awareness Month is “Together for Mental Health.” This theme is meant to bring everyone’s voices together to advocate for adequate mental health support and care. Mental Health Awareness Month was created to raise awareness for those living with mental health issues and help reduce the stigma that surrounds them.



This month, you can do several things for yourself and those around you to observe Mental Health Awareness Month. First, remember to take care of yourself -- not just during this month, but all the time. If your mental health is suffering, make sure to take care of yourself and seek treatment. Also make sure to check in on your friends and family. Many people sometimes suffer in silence so it’s always nice to be a shoulder for someone to cry on. Be there for them and encourage them if they are having a hard time.

Break the stigma attached to mental health by talking about it. The more mental health gets talked about, the more it becomes normalized in our society. Remember that these things can be done throughout the whole year and not just during this month.

[Get involved](#)

[More information here](#)