



# MENTORING & COACHING MONTHLY

Volume VI • Issue I • January 2019

## In This Issue.

Thank you for tuning into the January 2019 Issue of Mentoring & Coaching Monthly. At the Mentoring Institute, we are very excited to welcome in the new year, and celebrate #NationalMentoringMonth!

This issue starts out with an overview of National Mentoring Month, important dates, campaign goals, and provides resources that you can use for your own program. We have collected a number of events, podcasts, and news articles from around the web that celebrate National Mentoring Month, and there are links to these throughout the issue.

The issue includes an article on mentoring trends in 2019, some inspirational quotes focused on mentoring, and I share the best advice that I have received as a mentee.

Happy Mentoring Month and don't forget to thank your mentor(s) for the ways that they have helped you to grow!



## Table of Contents

IN THIS ISSUE	
LETTER FROM THE EDITOR.....	1
ABOUT US	
NATIONAL MENTORING MONTH.....	2
CELEBRATING MENTORS & COACHES.....	3
MY MENTORING EXPERIENCE	
QUOTE CORNER.....	4
MENTORING TRENDS 2019	
IN THE NEWS.....	5
10 TIPS FOR SUCCESS.....	6
CONTACT US	
SOCIAL MEDIA	
MEMBERSHIP BENEFITS.....	7



INSTITUTE FOUNDER & EXECUTIVE EDITOR:  
NORA DOMINGUEZ  
MANAGING EDITOR:  
YVONNE GANDERT

*The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.*

— Steven Spielberg

## Letter from the Editor.

Happy New Year and welcome back to **Mentoring & Coaching Monthly**! The New Year is a wonderful time to embark on new journeys, make plans for self-improvement, and set goals to work towards. This month is #NationalMentoringMonth, and it is very inspiring to contribute to the national conversation, and to see how other companies, institutions and organizations have mobilized mentoring and coaching practices within their institutions.

This issue will center on sharing resources, news articles, special interest stories, events, and other initiatives that celebrate National Mentoring Month. We have included some inspirational quotes on mentors, as well as tips for a successful mentorship.

Also in this issue, I share some of the best advice I have received from Mentoring Institute director Nora Dominguez, who has been my mentor for close to five years, and reflect on how the mentorship allowed me to maximize my potential, and break through barriers that might have otherwise held me back. Being able to #ThankYourMentor is an honor, and it is rewarding to be a part of such an important conversation.

I would also like to encourage you to check out the many benefits of joining the Mentoring Institute as a member. We close this issue by talking about some of these benefits and why you should join us today!

Thank you for taking the time to read our January 2019 Newsletter, and we'll be back next month, with more on the latest news and happenings going on in the world of mentoring. We hope you have a wonderful National Mentoring Month, and encourage you to share your knowledge with those around you, so that they may be inspired to start their own mentoring journey.

# IT'S NATIONAL MENTORING MONTH!



## Time to Celebrate!

This campaign celebrates mentoring and the positive effect it can have on young lives.

### ABOUT MENTORING MONTH

Launched in 2002 by **MENTOR: The National Mentoring Partnership (MENTOR)** and the **Harvard T.H. Chan School of Public Health**, National Mentoring Month focuses national attention on the need for mentors, as well as how each of us—individuals, businesses, government agencies, schools, faith communities and nonprofits—can work together to increase the number of mentors to help ensure positive outcomes for our young people.



## Important Dates

### JANUARY 4, 2019 - I AM A MENTOR DAY

*A day for volunteer mentors to celebrate their role and reflect on the ways mentees have enhanced their world.*

### JANUARY 17, 2019 - INTERNATIONAL MENTORING DAY

*A day of international conversation on social media where photos, videos and messages of powerful mentoring stories are shared.*

### JANUARY 21, 2019 - DR. MARTIN LUTHER KING, JR. DAY OF SERVICE

*A day to share in the inspirational words of Dr. MLK, Jr. and elevate the spirit of service through volunteerism.*

### JANUARY 30- FEBRUARY 1, 2019 - NATIONAL MENTORING SUMMIT

### JANUARY 31, 2019 - #THANKYOURMENTOR DAY

## ABOUT US

THE MENTORING INSTITUTE DEVELOPS, COORDINATES AND INTEGRATES RESEARCH AND TRAINING ACTIVITIES IN MENTORING BEST PRACTICES AT THE UNIVERSITY OF NEW MEXICO (UNM).

THE MENTORING INSTITUTE PROVIDES A VARIETY OF SERVICES TO THESE PROGRAMS. THE MENTORING INSTITUTE AIMS TO BUILD UP CURRENT MENTORING PROGRAMS AND ENHANCE THE CULTURE OF MENTORING WITHIN THE UNIVERSITY, AND THE STATE IT SERVES.

THE MENTORING INSTITUTE ASSISTS IN STIMULATING AND PROMOTING A MENTORING CULTURE WITHIN THE COMMUNITY. BY ENCOURAGING THE MATRICULATION AND GRADUATION OF STUDENTS AS WELL AS THE RETENTION OF FACULTY AND STAFF AT THE UNIVERSITY OF NEW MEXICO, THE INSTITUTE ALSO CONTRIBUTES TO THE DEVELOPMENT AND ECONOMIC GROWTH OF NEW MEXICO.

...



## Campaign Goals

### Goal I

- Raise awareness of mentoring in its various forms

### Goal II

- Recruit individuals to mentor, especially in programs that have waiting lists of young people

### Goal III

- Promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.



**#THANKYOURMENTOR**

On January 31<sup>TH</sup> get on social media and use the #ThankYourMentor hashtag to join in the national conversation!



# IT'S MENTORING MONTH 2019!

## Celebrating Mentors & Coaches.

National Mentoring Month affords so many wonderful opportunities to say #ThankYourMentor, and many organizations around the nation are seizing the opportunities to do so. One such example was the 5th annual Coaching Corps Game Changer Awards. The event, held on January 13 and aired on NBC Sports Bay Area, featured "Prominent Bay Area athletes whose lives have been shaped by the mentorship and transformative influence of caring coaches." The mission of Coaching Corps Game Changer Awards is to "give professional athletes an opportunity to acknowledge coaches who have been influential to their success while also raising money and awareness for Coaching Corps, a nonprofit that provides youth in underserved areas access to trained coaches in a variety of sports." The athletes who presented the awards to their coaches/mentors were:

- **Klay Thompson:** 3-time NBA Champion Guard, Golden State Warriors will honor Jerry DeBusk, Head Basketball Coach, Santa Margarita Catholic High School (1992-2012)
- **Pablo Sandoval:** 3-time World Series Champion Infielder, San Francisco Giants will honor Bruce Bochy, 3-time World Series Champion Manager, San Francisco Giants (2007-present)
- **Marcus Semien:** Shortstop, Oakland Athletics will honor Ron Washington, 3rd Base and Infield Coach, Oakland Athletics (1996-2006, 2015-2016), Former MLB player and manager
- **Marquise Goodwin:** Wide Receiver, San Francisco 49ers will honor Richard McCroan, Coach and Director of Football Operations, Rowlett High School (2000-present)
- **Charles Woodson:** Heisman Trophy Winner and Super Bowl Champion Cornerback and Safety, Oakland Raiders (1998-2005, 2013-2015) will honor Vance Bedford, College Football Assistant Coach (1985-2016)
- **Kristine Anigwe:** 3-time first team All-Pac-12, Cal Basketball will present Lindsay Gottlieb, Head Basketball Coach University of California, Berkeley, with a Coaching Corps Game Changer Award

Golden State Warriors  
Shooting Guard Klay  
Thompson on his high  
school basketball coach  
Jerry DeBusk:

*"He ran a tight program...  
He was no-nonsense, which  
you need as a teenager. And  
I just learned how to be  
coachable from the jump,  
from his tutelage. He was  
phenomenal."*

Visit the [Mentoring Institute Facebook Page](#) for a video clip from the event!

## Mentor Toolkit, Etc.

### 2019 NATIONAL MENTORING MONTH RESOURCES YOU CAN USE!

NATIONAL MENTORING MONTH  
TOOLKIT

CORPORATE ENGAGEMENT  
TOOLKIT

A HOW-TO WEBINAR  
FOR TOOLKIT

WATCH NATIONAL MENTORING  
MONTH VIDEOS

## #ThankYourMentor



**ABOVE:** Golden State Warriors Shooting Guard Klay Thompson honors his high school basketball coach Jerry DeBusk.



## Local/National Events.

### 2019 NATIONAL MENTORING SUMMIT

JANUARY 30 - FEBRUARY 1, 2019  
WASHINGTON, D.C.

*The National Mentoring Summit is the only national convening of youth mentoring professionals, researchers, MENTOR Affiliates, philanthropic investors, and government and civic leaders aimed at collectively strengthening and expanding quality mentoring relationships for young people across the country.*

[CLICK HERE FOR MORE INFO](#)

### NM CAN NATIONAL MENTORING MONTH CELEBRATION

WEDNESDAY, JANUARY 30, 2019 @ 5-7 PM  
ALBUQUERQUE, NM

[CLICK HERE FOR MORE INFO](#)



MENTORING  
INSTITUTE

# IT'S MENTORING MONTH 2019!



## My Mentoring Experience.

VALUABLE ADVICE FROM MY MENTOR, NORA DOMINGUEZ

BY YVONNE GANDERT

MANAGING EDITOR OF MENTORING & COACHING MONTHLY

In the spirit of mentoring month, I would like to share my own experience as a mentee at the Mentoring Institute. The most influential mentor in my college career is Nora Dominguez, the director of the Mentoring Institute. I had the privilege of working with her for over four years, and as my time in higher education draws to a close, I have been able to reflect on the many ways that she has helped to mold me into the professional that I am today. I could write a book on the many ways that her mentorship has helped me in my journey, but for brevity's sake, I will simply respond to the following question:

### WHAT'S THE BEST ADVICE YOUR MENTOR GAVE YOU?

The best advice I received from Nora was to always produce things that you will be proud to share with others. Although mentors are there to suggest paths for you, ultimately, self-confidence and pride in yourself must come from within. If you are happy with your choices, and proud of your pursuits, then you can more confidently share with others, and positively impact those around you.

As I prepare to leave the familiarity of higher education and dive into a completely new professional industry, I will hold this advice at the forefront of my mind. Using this advice, I can continue to build a life that is personally rewarding, and one that will also have positive impact on the world.



## Quote Corner.

A selection of quotes to spark inspiration and reflection on your journey.

“We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.”  
— Whoopi Goldberg

“If I have seen further it is by standing on the shoulders of giants.”  
— Isaac Newton

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”  
— Benjamin Disraeli

“In order to be a mentor, and an effective one, one must care. You must care...Know what you know and care about the person, care about what you know and care about the person you're sharing with.”  
— Maya Angelou

### WHAT'S THE BEST ADVICE [YOUR MENTOR] GAVE YOU?

*"To do what is best for you. Also, recognizing that someone — who you may not know — is depending on you utilizing your gifts and doing something impactful."*

- James Ford, Principal, Filling the Gap Educational Consultants

**[READ FULL ARTICLE](#)**



DON'T FORGET TO #THANKYOURMENTOR ON THURSDAY, JANUARY 31<sup>ST</sup>, 2019!

# NATIONAL MENTORING MONTH

THE MENTORING INSTITUTE HAS SERVED THE COMMUNITY FOR 11 YEARS! THANK YOU FOR YOUR CONTINUED SUPPORT OF MENTORING, COACHING, AND WE HOPE TO CONTINUE TO HAVE A POSITIVE IMPACT ON THE FUTURE GENERATIONS.

## Mentoring Trends in 2019.

According to an article in CNBC, we can expect to see the following 5 trends in mentoring in the next year.

BY KAREN GILCHRIST, CNBC

- 1. DIFFERENT NETWORKS FOR DIFFERENT NEEDS:** Companies will evolve from providing a one-size-fits-all mentoring program to creating different networks for different needs. E.g. high achiever groups, women leadership schemes and veteran networks.
- 2. MENTORING WILL BE A KEY BUSINESS PRIORITY:** Mentoring will become a business priority, especially for smaller companies, which are now seeing proof of the return on investment.
- 3. MENTORSHIP PROGRAMS WILL HARNESS AND UTILIZE TECHNOLOGY:** Technology will be harnessed so mentorship programs can be rolled out on mobiles and tablets. That will create greater support for non-office-based workers and those in low-retention industries.
- 4. DIFFERENT NETWORKS FOR DIFFERENT NEEDS:** Mentorship will form a crucial aspect of diversity and inclusion programs, allowing employees to share their experiences and what they learn.
- 5. DIFFERENT NETWORKS FOR DIFFERENT NEEDS:** Informal mentorship programs will emerge between employees where structured schemes do not yet exist.

This is an excerpt from "Finding a Mentor Could Bring the Career Boost You Need in 2019 -- But Be Sure to Avoid This Mistake" by Karen Gilchrist, CNBC, follow the link below for the entire article.

[READ THE WHOLE ARTICLE HERE](#)

## PODCAST LISTEN NOW

HELPING SERVICES  
MENTORING COORDINATOR  
ELLEN KROGMANN TALKS  
ABOUT MENTORING IN  
DELAWARE COUNTY FOR  
**#NATIONALMENTORINGMONTH**

"Life's most persistent and urgent question is, 'What are you doing for others?'"  
-Martin Luther King Jr.

#NationalMentoringMonth



## In the News:

What's new in this month's selection of mentoring-related news:



INDIANAPOLIS RECORDER  
NEWSPAPER

**NATIONAL MENTOR MONTH:  
RECOGNIZING THOSE WHO GIVE BACK TO  
CITY'S YOUTH**

By ONTAY JOHNSON



BLACK ENTERPRISE

**IT'S NATIONAL MENTORING MONTH!  
OUR TOP 5 ARTICLES WITH THE BEST  
MENTORSHIP ADVICE**

By BLACK ENTERPRISE EDITORS



CNBC

**FINDING A MENTOR COULD BRING THE  
CAREER BOOST YOU NEED IN 2019  
— BUT BE SURE TO AVOID THIS  
MISTAKE**

By KAREN GILCHRIST



SANTA FE NEW MEXICAN

**JANUARY IS NATIONAL MENTORING  
MONTH**

By KATE MITCHELL



MENTOR VERMONT

**2018 COMCAST VERMONT MENTOR OF  
THE YEAR AWARD**

By MENTOR VERMONT

*"Comcast believes strongly in the power of mentoring, and is dedicated to giving back to the communities where our customers and employees live and work."*

Daniel Glanville, Comcast Corporation

**READ FULL ARTICLE**



DON'T FORGET TO #THANKYOURMENTOR ON THURSDAY, JANUARY 31<sup>ST</sup>, 2019!

# NATIONAL MENTORING MONTH



## 10 Tips For A Successful Mentorship.

CHECK OUT SOME TIPS FROM FORBES MAGAZINE CONTRIBUTOR CAROLINE GENIZA-LEVINE ON HOW TO HAVE A SUCCESSFUL MENTORSHIP IN 2019!

"January is National Mentorship Month, so if you participate in an official mentor program or you just have people in your life who you regularly go to for advice, make sure to send out a special thanks! Mentor relationships are very helpful to your professional development, which is why many companies and outside organizations invest heavily in offering these programs.

If you are lucky enough to have a mentor, be proactive about nurturing the relationship. The best mentor relationship works for both you and your mentor."

[READ FULL ARTICLE HERE.](#)

### HERE ARE 10 TIPS FOR A SUCCESSFUL MENTORSHIP:

1.

Clarify both of your expectations.

10.

Reciprocate and give back.

2.

Confirm the logistics.

9.

Have a plan for when things go wrong.

3.

Help your mentor help you.

### 10 Tips For A Successful Mentorship

8.

Keep your mentor informed.

4.

Take the initiative in scheduling.

7.

Have fun.

5.

Respect your mentor's time.

6.

Don't ask for too much too soon.





## Are you a member yet?

JOIN US TODAY TO ACCESS ALL THE GREAT BENEFITS, ANYTIME

### WHY BECOME A MEMBER?

Professionals from all disciplines can benefit from membership, but our primary research focus is mentoring in academia. Staff members in higher education, faculty members, and students at the undergraduate, graduate and post-doctorate level will benefit the most from membership, as the majority of our literature represents these areas. The literature also contains a smaller selection of research for practitioners, business executives, youth mentors, and non-profit organizations.

More than just a place for finding research, it is our vision that as membership continues to grow, the site will be utilized as a social networking platform, where mentoring practitioners from all around the world can engage in discussion, advance new ideas, and share and debate current issues facing the research field.

#### Member Benefits

10% DISCOUNT ON THE MENTORING  
CONFERENCE REGISTRATION

MENTORING ARTICLES

JOURNAL PUBLICATIONS

WEBINARS

CONFERENCE VIDEOS

PUBLISHING OPPORTUNITIES

...

#### ANNUAL MEMBERSHIP FEES

STANDARD \$500  
UNM STUDENTS \$300

Whether you missed the annual mentoring conference or you want to re-watch your favorite plenary session, a membership will provide you with exclusive access to video footage of the keynote and plenary speaker sessions from 2008 to 2018. As our membership site grows its audience, we hope that it will facilitate dialogue between educators and practitioners across disciplines, and help to advance the positive impact that mentoring has on the world today. **Sign Up Today and Experience the Benefits of Membership!**

## CONTACT US:

THE MENTORING INSTITUTE  
1716 LAS LOMAS BLVD NE  
ALBUQUERQUE, NM 87106

EMAIL: [MENTOR@UNM.EDU](mailto:MENTOR@UNM.EDU)

PHONE: 505.277.1694

WEBSITE: [MENTOR.UNM.EDU](http://MENTOR.UNM.EDU)

## SOCIAL MEDIA:



[Facebook](#)



[Instagram](#)



[Pinterest](#)



[Twitter](#)



[LinkedIn](#)

## SAVE THE DATE!

OUR 12TH ANNUAL MENTORING,  
COACHING, AND LEADERSHIP  
CONFERENCE WILL BE  
HELD AT UNM FROM  
OCTOBER 21-OCTOBER 25.

2019 CONFERENCE THEME:  
**TOWARDS THE SCIENCE OF  
MENTORING**

[CLICK HERE TO LEARN MORE](#)



MENTORING  
INSTITUTE