Welcome back into the January 2020 Issue of Mentoring & Coaching Monthly. Happy New Year! This month is the beginning of a new cycle that lays ahead opportunities waiting to be taken. It is also a time to reflect in our challenges and learnings from 2019 and implement a better reasoning to conquer this 2020.

January is National Mentoring Month and to celebrate we launched a social media campaign with all types of information and resources that you may find helpful. This issue goes deeper into the idea behind the hashtag #MentoringInspires, and showcases some of the content we created for the campaign. It also talks about what our partners, the NRMN, did to celebrate the mentoring month, and provides information about their resources.

Happy National Mentoring Month! Don’t forget to thank your mentors for all their time invested and lessons taught that have helped you to reach your goals.

Thank you mentors!

The Mentoring Institute

“Show me a successful individual and I’ll show you someone who had real positive influences in his or her life. I don’t care what you do for a living—if you do it well I’m sure there was someone cheering you on or showing the way. A mentor.” – Denzel Washington
Happy National Mentoring Month and welcome back to Mentoring & Coaching Monthly! This month is very special because we celebrate mentors and mentoring itself for their contributions, and the positive impact mentoring keeps creating in every single individual involved in the dynamic.

To celebrate this month, we created a social media campaign that aimed to highlight the impact of mentoring and showcase that mentoring is universal and can exist in the most remote places. This campaign designed the hashtag #MentoringInspires to differentiate our posts from other campaigns and focus on the feeling that mentoring causes on mentors and mentees. Our goal was to display the different faces of mentoring; on this issue, you will review some of the posts created for the campaign.

This issue also dives into the social media campaign from our partners, the National Research Mentoring Network (NRMN), as well as providing information on their mentoring programs for mentors and mentees.

Thank you for taking the time to read our January 2020 Newsletter, we’ll be back next month, with more information about mentoring. We hope you have an amazing National Mentoring Month, celebrating and thanking your mentors but also being an advocate of mentoring in the world, encouraging them to continue their commitment to preparing us for the future.
Our Mentoring Month celebration started with the idea of creating a hashtag that would differentiate our post from the rest of the mentoring campaigns. We looked at the popular hashtags #MentoringMatters, #ThankyouMentor, #BeaMentorNow, etc. However, we decided to create a unique phrase that represented the effect of mentoring on the people who came in contact with its resources. #MentoringInspires was the hashtag that we opted to use because as the phrase says, mentoring inspires you and everyone to pursue their goals, push through the obstacles, and keep moving forward. Mentoring encourages mentees to step into the unknown and don’t be afraid to fail, knowing that it is part of the learning experience. If mentoring is one thing, it is inspiring. The next posts display a wide variety of tools mentoring offers and its impact.
Remembering Martin Luther King Jr. and his legacy on mentoring

MARTIN LUTHER KING JR. DAY

Here’s what Martin Luther King Jr.’s experience as a protege can teach us about mentorship:

- It can be valuable for proteges to have different mentors over time and through various challenges as each mentor can teach something new.
- The best mentors are happy to see their proteges become more famous or successful than themselves, and don’t try to hold them back.
- Mentors can have a real impact on their protege’s success, often providing guidance and nuggets that are timely and relevant to their unique situations.

We have a dream! That everyone gets the opportunity to be mentored.

Did you know?

Mentoring reduces “depression symptoms” and increases “social acceptance, academic attitudes and grades.”

-dythementor.org/thestats

Did you know?

The National Mentoring Day and the International Mentoring Day are celebrated in different months!

Award-winning business mentor Cheyney Baker founded the holiday in October 27th with the aim to focus on how rewarding mentoring can be for everyone involved.

We celebrate International Mentoring Day on January 17th while honoring the legacy of Muhammad Ali on what would have been his 70th birthday. Reflecting on the power of mentoring but particularly on a day that acknowledges a great man.
Our partners, the National Research Mentoring Network, better known as NRMN, also joined the celebration of the national mentoring month. Their campaign focused on the mentoring holidays in January: I am a mentor day, NRMN MentoringMatters day, International mentoring day, Dr. Martin Luther King Jr. day of service, among others.

They created a specific activity for each of the days mentioned above and asked everyone to participate by using the hashtag #NationalMentoringMonth and #NRMNmentoringMatters. At the same time, the NRMN encouraged participants to sign up to their website where they can find mentoring resources and programs such as mentoring certification, facilitator certification, professional development webinars, mentee training, grant writing coach, and more.

If you are interested in knowing more about these programs, go to the NRMN website.