



# MENTORING & COACHING MONTHLY

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## In This Issue

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 celebrated 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





# Letter from the Editor



*Mentoring Conference 2019*



*Mentoring Conference 2019*

**H**appy 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.



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# NATIONAL MENTORING MONTH

#MENTORINGINSPIRES

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.

## HAPPY MENTORING MONTH

To acknowledge mentoring and its relevance, the Mentoring Institute is launching a social media campaign. Please join us all the month of January by using the #MentoringInspires, and share with us what inspires you about mentoring.



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#MentoringInspires

[mentor.unm.edu](http://mentor.unm.edu)

## Articles

### WHEN A MENTOR MIGHT NEED TO LET GO

This article, by The New York Times, describes how the desire to help our mentees it's empowering to mentees, but it can sometimes overshadow their potential and uniqueness by following our steps so tightly and not creating their path. Letting go it's hard but necessary.

Link: <https://www.insala.com/Articles/attract-engage--retain-millennials-with-your-mentoring-program.asp>



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## Quotes



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"Mentoring brings us together - across generation, class, and often race - in a manner that forces us to acknowledge our interdependence, to appreciate, in Martin Luther King, Jr.'s words, that 'we are caught in an inescapable network of mutuality, tied to a single garment of destiny.' In this way, mentoring enables us to participate in the essential but unfinished drama of reinventing community, while reaffirming that there is an important role for each of us in it."

— Marc Freedman

## Appreciation Posts

### APPRECIATION POST TO YOUR MENTOR/MENTEE!

Share with us a brief message thanking your mentor and mentee for their hard work. You can create your post or comment in the section down below. Don't forget to tag us and use the hashtag #MentoringInspires



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### ATTRACT, ENGAGE & RETAIN MILLENNIALS WITH MENTORING PROGRAMS

This article, by Insala, digs into the mindset of millennials, their drive, and expectations to join a business. It also explains the benefits companies get when they implement mentoring programs for their employees compared to those that don't.

Link: <https://www.insala.com/Articles/attract-engage--retain-millennials-with-your-mentoring-program.asp>



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"If I have seen further it is by standing on the shoulders of giants."

— Isaac Newton

### SHARE YOUR MOST MEMORABLE MENTORING EXPERIENCE.

Create your post or comment in the section down below. Don't forget to tag us and use the hashtag #MentoringInspires



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# NATIONAL MENTORING MONTH

#MENTORINGINSPIRES

## TEDTalks and Podcast

**MILLENNIALS NEED A  
MENTOR IN THE  
WORKPLACE  
| LAUREN HOEBEE |  
TEDXTWU**



Link: [https://www.youtube.com/watch?v=4kIHR-tkf\\_g](https://www.youtube.com/watch?v=4kIHR-tkf_g)

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**GROWTH IS NOT AN OPTION  
| JESSIE LEE |**

**PODCAST: Jessie Lee  
is the People's Mentor**



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**MENTORSHIP WILL  
CHANGE THE WORLD**

**| KAM PHILLIPS |  
AT TEDXCOMO**



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WATCH TEDTALK

GO TO PODCAST

WATCH TEDTALK

## Did you know?

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**Did You know?**

**Mentoring reduces "depression symptoms" and increases "social acceptance, academic attitudes and grades."**

-[youthmentor.org/thestats](http://youthmentor.org/thestats)

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**Did You know?**

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

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

We celebrate International Mentoring Day on January 17<sup>th</sup> while honoring the legacy of Muhammad Ali on what would have been his 75<sup>th</sup> birthday. Reflecting on the power of mentoring but particularly on a day that acknowledges a great man.

## 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 protégé 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 protégés 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.

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





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# National Research Mentoring Network (NRMN)



## NATIONAL MENTORING MONTH SCHEDULE

- January 8, 2020- I Am a Mentor Day
- January 14, 2020- #NRMNmentoringMatters Day
- January 17, 2020- International Mentoring Day
- January 20, 2020- Dr. Martin Luther King Jr. Day of Service
- January 23, 2020- #MentorIRL Day
- January 30, 2020- #ThankYourMentorDay

Please use #NationalMentoringMonth as well as #NRMNmentoringMatters with all of your posts to celebrate mentorship!



## FIND YOUR MENTOR AND/OR MENTEE!

Get signed up on [nrmnet.net](http://nrmnet.net) and complete your account in its entirety!  
(This helps you get matched based on all criteria.)

Start networking, join groups, and request mentoring



*Retrieved from [nrmnet.net](http://nrmnet.net)*

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.

[LEARN MORE](#)



*Retrieved from [nrmnet.net](http://nrmnet.net)*