



MENTORING & COACHING MONTHLY

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In This Issue

Welcome back into the May 2020 Issue of Mentoring & Coaching Monthly. This month, we will talk about some special celebrations, and coping information for these quarantine times, as well as awareness month campaigns during May.

This issue contains a beautiful poem with the motive of Mother's Day, and information on Celiac and Lyme diseases, how to prevent them, and how to contribute to the cause.

We will also explore recommendations about "How to Create Meaningful Connections While We Are Apart" by Priyar Parker, with tips that will help you to adapt to working from home and connecting better with those you are living in isolation.

Lastly, this issue provides information about the 2020 commencement that will be hosted virtually. It contains a special message from our graduate and marketing/editorial assistant, Cindy Neder, who farewells her classmates before starting her way into the workplace.

Thank you for joining us for this month's issue. We will be back in August with more on the latest happenings around the world and the world of mentoring.

*"When you are looking
at your mother, you are
looking at the purest
love you will ever know."*

-Charley Benetto

Letter from the Editor

Photo by Naassom Azevedo from Unsplash



Welcome back to Mentoring & Coaching Monthly! This month's issue will focus on the happenings around the world during COVID-19 times and how we are adapting to the new environment.

This issue contains a virtual TEDx with a training facilitator, Priyar Parker, who brings ideas and tips to ease up the transition to social-distance amid the Corona-virus outbreak. Parker explains that despite these times, we can still create meaningful connections through Zoom and in-person, and looking at the brighter side on this contingency.

We will also discuss the symptoms of Celiac and Lyme diseases, the ways to prevent them, and the importance of supporting researchers in developing a cure.

May is the month of special celebrations, such as Mother's Day, and school graduations. We want to celebrate all moms with a poem for being there every step of the way and shape us into the men and women we are today (with the help of dad of course). We also want to recognize our college graduates, virtually at this moment, and hopefully in person in the near future.

As I graduate, I want to say "Congratulations Class of 2020." Although we are living in uncertain times, we accomplished a huge milestone! It has been a pleasure working at the Mentoring Institute, and now it is time for me to move on to other endeavors.

Thank you for taking the time to read the May 2020 Newsletter, the Mentoring and Coaching Monthly will return in August with more relevant news, and happenings in the world of mentoring.



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THANK YOU, MOM

THE MENTORING INSTITUTE CELEBRATES ALL
MOMS WITH A POEM!

Super Mom

Mom, you're a wonderful mother,
So gentle, yet so strong.
The many ways you show you care
Always make me feel I belong.

You're patient when I'm foolish;
You give guidance when I ask;
It seems you can do most anything;
You're the master of every task.

You're a dependable source of comfort;
You're my cushion when I fall.
You help in times of trouble;
You support me whenever I call.

I love you more than you know;
You have my total respect.
If I had my choice of mothers,
You'd be the one I'd select!

By Joanna Fuchs



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*"My mother was my role
model before I even
knew what that word
was."*

-Lisa Leslie



Retrieved from Unsplash



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CELIAC AND LYME DISEASES AWARENESS MONTH

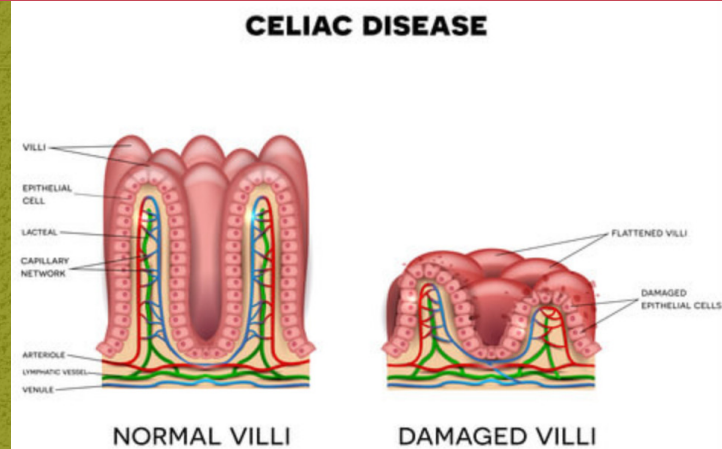
Retrieved from Unsplash

Celiac Disease Awareness Month

Celiac is an autoimmune disease that affects the villi from the small intestine, which is in charge of the absorption of nutrients. The damage to the villi is caused by a protein called gluten that can be found in barley, wheat, and rye.

Currently, it takes from 6-10 years to get diagnosed with celiac disease, which can lead to many disorders including, reduced bone density, infertility, some cancers, and other autoimmune diseases if not attended properly.

Nonetheless, there are organizations such as *Beyond Celiac*, currently researching the disease and helping patients to have a fuller life, and eating without fear.



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Retrieved from globallymealliance.org

[LEARN MORE](#)

Lyme Disease Awareness Month

Lyme disease is caused by a bacteria called *Borrelia burgdorferi*, which is carried by a black-legged tick or deer tick. The tick bite can lead to infections that may worsen into chronic illnesses and reduce the quality of life if not diagnosed early.

The best way to know if you have Lyme disease is the development of a bulls-eye rash after the bite of a tick. However, some patients may not experience this symptom and should get a blood test to verify.

The Global Lyme Alliance is working to create more effective methods of diagnosis and treatment for Lyme disease, but federal funding is inadequate.

How to Create Meaningful Connections While We Are Apart

In her TEDx presentation, Priyar Parker, a training facilitator and the author of *The Art of Gathering*, talks about the impact of social distance measures in our lives, from the disruption of our daily routines, to the fear of giving up on our privacy. Priyar Parker explains that a quarantine is not a reason to stop gathering and provides a set of recommendations for meaningful virtual meetings. Her first recommendation is to define the purpose of coming together. This practice helps participants to focus on the needs of the community with whom they are interacting.

Virtual communications disrupt the degree of intimacy we share with others. Parker suggests establishing a set of ground rules for our remote gatherings, including the use of video cameras, virtual vs real backgrounds, cancellation protocols, etc. She advises not to gather more, but to gather better.

She proposes to use these practices not only for work meetings, and speaks in favor of creating meaningful connections with the people we are "isolating together." Some tips to get along with your quarantine family are:

- Setting up rules for daily routines assigning roles and responsibilities
- Having special dates for conversations
- Scheduling times for activities together and apart

We are experimenting with how to adapt to this new context, which will probably change the way we will interact in the future. Massive interruptions allow us to pause and re-think why we do things in the first place, so make the most out of this situation and keep creating meaningful connections.



[VIEW TED-TALK](#)

" Meaning is created through specificity and structure, and around a specific purpose. "

-Priyar Parker

CONGRATULATIONS CLASS OF 2020

Courtesy of UNM Brand Assets



Courtesy of UNM Brand Assets



Courtesy of UNM Brand Assets

The class of 2020 should be walking this weekend to receive their diploma and celebrate one of the most important achievements in life. Sadly, this will not happen any time soon due to social distance measures imposed in our state. Nonetheless, at UNM we will celebrate our graduates with a virtual commencement schedule on May 30th at 9 am. This ceremony will be shared on social media. The Mentoring Institute joins this celebration, applauds the accomplishment of so many Lobos, and wishes them the best of luck now that they start their journey into the workplace or graduate school.

Message from managing editor, "Lobos, as a graduate myself, I feel the bitter-sweet moment that has been taken away from us; however, I also know that this situation will prepare us for future challenges. We were able to adapt and finish our last semester completely online and under unexpected circumstances. We should be proud of ourselves. WE DID IT! Now, while we get ready for the virtual graduation, and await the so expected in-person commencement, there is nothing left to say than 'see you soon.' We are definitely the generation that will be remembered forever. Let's go Lobos, Woolf, Woolf, Woolf!"



Courtesy of UNM Brand Assets