

Mentoring & Coaching Monthly

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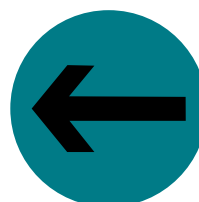
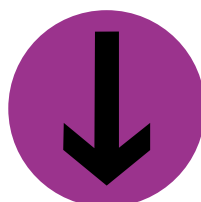
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**“If you’re someone
people count on,
particularly in
difficult moments,
that’s a sign of a life
lived honorably.”
Rachel Maddow**



In This Issue

Welcome to the April 2022 issue of Mentoring & Coaching Monthly. In this issue we discuss two mentorship programs for this upcoming spring and summer. We also look at tips from Yale University on how to choose a good mentor. The Mentoring Institute has announced its 15th Annual Mentoring Conference which will take place this October at the University of New Mexico. The theme this year is Fostering Diverse Communities of Mentorship: Evidence-Based Practices for Reciprocal Growth. Sexual Assault Awareness Month is commemorated annually during the month of April. We look at events this month that bring awareness to the issue and provide resources to help those who may need it.



Editor's Letter

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

April is Sexual Assault Awareness Month. During this month we take the time to raise public awareness around the issue of sexual violence and abuse, listen to survivors, and educate communities on how to prevent it. There are several events and ways to get involved during April to advocate for sexual violence prevention which we look into in this edition.

UndocuProfessionals is a national network of professionals that aim to serve other undocumented professionals through mentorship and community. They are hosting a virtual mentoring program for spring and summer of 2022. The program is designed to provide undocumented youth with mentors to guide them with their academic, professional, and personal aspirations.

Girls on the Run is an organization that focuses on empowering young girls and building their confidence by incorporating physical activity and exercise into their lessons. The organization has two programs, one for elementary aged girls and another for girls in middle school. At the end of each program the girls participate in a non-competitive 5K to celebrate all they have accomplished.

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



Mentoring Programs



UndocuProfessionals

The UndocuProfessionals is a community created to help undocumented professionals find support and achieve their career goals. Their main goal is to create opportunities for hardworking professionals regardless of their immigration status. They are hosting their annual virtual mentorship program for the spring and summer of 2022. This program aims to help undocumented youth by connecting them with mentors and providing them with employment opportunities, helping with higher education, and sharing personal experiences.

The program is set up through a mentor-mentee matching system and is based on information that applicants provide regarding academic and career goals as well as personal interests. At the beginning of the relationships mentors and mentees both sign a mentoring contract. Mentors and mentees are expected to communicate at least six times during the mentorship whether it is via text, email, or one on one video calls. Mentors and mentees are expected to provide support and make progress in three different areas: personal, career, and educational.

With personal goals mentors and mentees are expected to share stories or experiences and make connections. For career goals mentors are expected to offer career

support and share career experiences while mentees should be looking for job opportunities and applying to new jobs. With educational goals mentees should be applying to undergraduate or graduate programs along with scholarships.

Check out their website to see how to get involved!

[More information here](#)

[Mentee application](#)

[Mentor application](#)

Mentoring Programs



Girls on the Run

Girls on the Run is a national non-profit organization that focuses on strengthening young girls' confidence and their skills to navigate life experiences. They teach these lessons and skills by incorporating running and various other physical activities into their curriculum.

They have two programs for younger girls. Their Girls on the Run program is for 3rd-5th grade girls and their Heart and Sole program is for 6th-8th graders. The Girls on the Run program is an after-school program that designed to teach important lessons about the connection between physical and emotional health. At the end of each program there is a non-competitive 5K that girls of all ages can participate in that gives girls a sense of accomplishment. There is also a week-long summer camp for 3rd-5th graders in which girls spend a week making new friendships, playing fun games, and building confidence and exploring their creativity.

According to their website the Heart and Sole program focuses on five parts: body, brain, heart, spirit, and how girls connect with others. Girls work on setting goals for themselves through exercises and discussions. Like the Girls on the Run program, the girls end the Heart and Sole program with a non-competitive 5K to

celebrate how far they have come and how far they will go.

Check out their website to find out a Girls on the Run located near you and get involved!

[More information here](#)

[Vounteer here](#)

[More resources](#)

Tips and Tricks

How to Choose a Good Mentor

All of us want to have good mentors in our life who inspire us to be the best version of ourselves. One of the most important parts of mentorships is choosing a mentor that you are compatible with. To make sure that we choose the very best mentor for ourselves Yale University created a list of questions to ask yourself when thinking of potential mentors.

1. Do I look up to this person? Your mentor should be someone you admire for their achievements and experiments. Ideally you and your mentor should share a common vision or career goals.
2. Am I able to work well with this person? While you may have found someone that you look up to, it's crucial that you can work well and communicate with the person you've chosen to be your mentor. The mentor should be supportive and someone that makes you feel that your needs are important and get met. It is best to know the person and have a relationship with them before asking them to be your mentor.
3. Can this person guide me toward my professional goals? The purpose of a mentor is to guide and inspire. This person should share ideas and inspiration but never tell you what moves to make.
4. Is this person happy in their career? While someone may be good at their job it doesn't necessarily mean they enjoy it. Finding someone who is happy in their career and truly enjoys their work will make them inspire you with your own career goals.



[Read the article here](#)

[More information here](#)

Insider's Look

SAAM

April is Sexual Assault Awareness Month (SAAM). SAAM is an annual campaign that is meant to bring public awareness to sexual assault and abuse and how to help those affected by it. This year the campaign theme is Building Safe Online Spaces Together. This year focuses on how to promote online spaces that are safe and inclusive and intervene when we see harmful content or behaviors online.

During SAAM there are several annual events that help bring awareness to the issue of sexual assault. The first Tuesday of April is the SAAM Day of Action. This is a day to focus on awareness for sexual violence prevention and gives everyone the opportunity to speak up and share their support for survivors of the violence. Walk a Mile in Her Shoes is an opportunity for men to raise awareness in their communities about sexual violence. Take Back the Night is an international event that is held in over 30 countries each year. Each local community organizes marches to fight against violence in their communities. The event usually includes a large-scale public march, a candlelight vigil, and a speech from a survivor.

What is consent

Support male survivors

If you or anyone you know is struggling, please use the resources listed.

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Street Harassment Hotline: 1-855-897-5910

[National Sexual Violence Resource Center](#)

[National Center for Victims of Crime](#)

[National Organization for Victim Assistance](#)

Resources

Advocates

Prevention

Trainings

This Month

15th Annual Mentoring Conference

The Mentoring Institute is pleased to announce its 15th Annual Mentoring Conference. This year's theme is *Fostering Diverse Communities of Mentorship: Evidence-Based Practices for Reciprocal Growth*. This event will take place in person at the UNM Student Union Building in Albuquerque, NM.

NM THE UNIVERSITY OF
NEW MEXICO

15th Annual Mentoring Conference
**Fostering Diverse Communities of Mentorship:
Evidence-Based Practices for Reciprocal Growth**
Monday, October 24th, 2022 - Friday, October 28th, 2022

Call for Proposals Release
March 15, 2022

Submission Deadline
May 15, 2022

Accepted Proposal Notification
May 30, 2022

Paper Submission Due
June 30, 2022

Peer Review Paper Submission Returned
July 30, 2022

Final Paper Submission Due
August 30, 2022

[Register today](#)

[2022 Speakers](#)

[About the conference](#)