



Would I Make A Good Mentor?

A mentor serving in any Christian Women's Job Corps site will be at least 21 years of age and feel called to this ministry where the focus is always on the participant. The time investment required will vary with each mentoring relationship and the needs of each mentee. The Site Coordinator is always sensitive to each mentor's time constraints and will consider them when matches are being made. A fair estimate is approximately 2 hours each week, which may include face-to-face, telephone, and/or e-mail contacts. Mentors are asked to commit to one participant for a minimum of one year, with the first ninety days being on a trial basis to see how the relationship develops. The mentor serves as a source of encouragement, support, accountability and friendship to a woman who likely has never experienced any of those characteristics, nor a relationship with a female Christian friend. As one participant once said, "In our world, if another woman is being nice to us, they want something...usually our man, our money, or our drugs!" You could be the first real friend a mentee has ever had.

Mentors are a source of information concerning community resources that may benefit their mentee. The Site Coordinator maintains an extensive file of resources for your use including transportation, healthcare, food, clothing, rental assistance, legal advice, and treatment programs. The Loudon County telephone 2-1-1 system offers a wealth of helpful information - Web site: www.211.org.

YOU DO NOT HAVE TO HAVE ALL THE ANSWERS!

Anyone wishing to serve as a mentor must attend 7 hours of CWJC recognized training coordinated by Journey of Hope / CWJC, Loudon County site. Mentor meetings are held every other month for support, advice, and continuing education. Because of the personal, confidential nature of the information you will be privy to, each mentor is asked to agree to provide references and submit to a possible background check.

Characteristics of a good mentor:

- A high level of Christian maturity.
- Able to maintain confidences.
- Basic knowledge of Christian Women's Job Corps programming.
- Willingness to share from their heart and experiences.
- Thoughtful, patient, and consistent with others.
- Strong interpersonal skills.
- Healthy sense of humor.
- Willing to help women discover their own answers, not just tell them what to do.
- Ability to set healthy limits and boundaries.
- Gets own needs met outside the mentoring relationship.
- Capable of showing unconditional positive regard for those who may be 'different' from themselves.
- Knows when to ask for help from the Executive Director.

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www.journeycwjc.org