

WEEK 1

HELLO & WELCOME!



INTRODUCTION

Welcome to Thrive Mentoring! We are stoked to have you join us on this adventure! We have designed a 12-week guide to help mentors and mentees get to know one another better.

To get started, please complete the quiz below. Once you receive your results, you can set up a time to talk about them either via the phone, video call or at a safe social distance :) [CLICK HERE FOR THE INTRO QUIZ.](#)

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. I love it when...
2. Something that bugs me is...
3. This week I look forward to...

WEEK 1 CHECKLIST

Here's your ticket to a successful Week 1:

- Watch this inspirational video: [Why Mentoring?](#)
- Complete your Intro Quiz
- Schedule time to discuss results together
- Make some time to email or chat live about "The Big Three"

WEEK 2

GETTING TO KNOW ME



INTRODUCTION

Welcome to Week 2! This week, we have designed some activities to help you get to know yourself and your mentor/mentee better.

There are many personality inventories out there that can help people better understand themselves. You may have already taken inventories like the Myers-Briggs, StrengthsFinder or the 16PF in the past. This week, we are going to learn more about a tool called the Enneagram and the unique ways it can help us learn more about ourselves and others.

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. A bright spot in my week is...
2. I get my strength from...
3. Something I wished others knew about me is...

WEEK 2 CHECKLIST

Here's your ticket to a successful Week 2:

- Watch this video: [What is the Enneagram?](#)
- Complete the [Enneagram Quiz](#)
- Schedule time to discuss results together
- Make some time to email or chat live about "The Big Three"

WEEK 3

THE RESULTS ARE IN!



INTRODUCTION

Welcome to Week 3! This week we will use the results from our Enneagram Quiz for discussion.

It is important to remember that any tool is just that...a tool. It doesn't define us or tell us who we are...it simply gives us a framework and more information to ponder as we learn more about who we are and how we connect with others in the world.

Please feel free to use the discussion questions below to chat with your mentor/mentee regarding your Enneagram results. And remember...it is ok to disagree! :)

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. Do you agree or disagree with your Enneagram quiz results? Why?
2. If you don't agree, which number would you choose for yourself?
3. Could the Enneagram be a tool for how you better understand others in your life? Why or why not?

WEEK 3 CHECKLIST

Here's your ticket to a successful Week 3:

- Watch a [video](#) on your Enneagram Number. Here are [more](#).
- Schedule time to discuss The Big Three together

WEEK 4

STRESS AND HEALTH



INTRODUCTION

Welcome to Week 4! This week we will continue using the Enneagram tool to further explore the way we respond when we are feeling at our best (integration) and also when we are most stressed (disintegration). The Enneagram is unique as it provides us with information (regarding ways that our "type" might behave when we are feeling healthy or unhealthy. Let's explore this deeper together this week!

THE BIG THREE

After you have read the information on the link below, feel free to answer these three questions together:

1. What number does your type gravitate toward when you are most stressed (disintegration)? Do you agree or disagree?
2. What number does your type gravitate toward when you are feeling at your best (integration)? Do you agree or disagree?
3. Using this information as a tool, what are some things you can do when you feel yourself most stressed/unhealthy to help yourself come back to a less stressed or peaceful place?

WEEK 4 CHECKLIST

Here's your ticket to a successful Week 4:

- Click on this [link](#) to learn about integration vs. disintegration
- Schedule time to discuss The Big Three together

WEEK 5

MYSELF & OTHERS



INTRODUCTION

Welcome to Week 5! This week we will be exploring our relationship with ourselves and others via our Enneagram tool.

Please use the questions and links below to learn more about what the Enneagram has to say about how we relate to others in our lives.

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. Write down the names of two people in your life that you most admire. What numbers do you think they are?
2. Write down the names of two people in your life that you struggle with the most. What numbers do you think they are?
3. As you look at these lists, what does the Enneagram help you learn about these people? Are there ways that you can better connect with them based upon how your types mesh with one another?

WEEK 5 CHECKLIST

Here's your ticket to a successful Week 5:

- Click on this [link](#) to learn more about how types relate to each other
- Schedule time to discuss The Big Three together

WEEK 6

ROUTINES 1.0



INTRODUCTION

Welcome to Week 6! This week we are going to examine our daily routines. Do you have a routine? How do you feel about it?

While there are definitely positives to having a daily routine, sometimes we can get stuck in patterns of behavior that aren't so healthy because we never take the time to assess how things are working for us or give ourselves the courage to try something new.

We are excited to dive into some activities and questions that will help us examine where we currently are and challenge ourselves to try some new things too!

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. Do you have a daily routine? What does it look like?
2. If you don't have a routine, could you benefit from one?
3. One new thing I would like to try this week is...

WEEK 6 CHECKLIST

Here's your ticket to a successful Week 6:

- Click on this [link](#) to learn about your type and activities to try at home
- Schedule time to discuss The Big Three together

WEEK 7

ROUTINES 2.0



INTRODUCTION

Welcome to Week 7! This week we are going to check in on our challenge from last week to try something new at home. Check out the information below to get started!

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. Did you try one of the ideas from the link last week?
2. If so, how did it go? If not, why not?
3. Let's talk about your routine this week. Anything you would keep?
Anything you would change?

WEEK 7 CHECKLIST

Here's your ticket to a successful Week 7:

- Feel free to [read this article](#) about routines and discuss it
- Here's a [resource](#) on your type and how that relates to the classroom
- Schedule time to discuss The Big Three together

WEEK 8

J O Y



INTRODUCTION

Welcome to Week 8! Joy is an important component of a healthy lifestyle. Without it, life just doesn't seem as fun or complete. One definition of joy is "a feeling of true contentment regardless of life's circumstances". This week we are going to explore some ways to build joy and fun into our routine. Let's dive in!

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. If I were to rank my "joy meter" from 1-10, my ranking would be...
2. I am most joyful when...
3. Some people that bring me joy are...

WEEK 8 CHECKLIST

Here's your ticket to a successful Week 8:

- Feel free to look over these fun games. Pick one you'd like to play and email Kayla...she will order it for you! Once it comes in you can play it together via Zoom
- Not into board games? Download the Houseparty app on your phone
- Schedule time to discuss The Big Three together

WEEK 9

PRIORITIES



INTRODUCTION

Welcome to Week 9! We've covered all kinds of topics over the past two months. We are thankful you are committed to this journey and continue to make yourself and your mentor/mentee a priority each week. Speaking of priorities...have you ever stopped to think about what yours are? This week we are going to make some time do just that! Thanks for being here!

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. I am most successful when...
2. I am least successful when...
3. Something or someone that is a priority to me is...

WEEK 9 CHECKLIST

Here's your ticket to a successful Week 9:

- Complete the Priorities Worksheet (make a copy of the slide)
- Schedule time to discuss The Big Three together

WEEK 10

SHORT TERM GOALS



INTRODUCTION

Welcome to Week 10! Now that you have identified some priorities, let's set some goals. For some of us, setting goals is a normal part of our routine. For others, goal setting is a new process and may feel challenging. Regardless of where you find yourself, we have some tools that will help you each step of the way.

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. On a scale from 1-10 (1 = least comfortable; 10 = most comfortable), I would rank my self a ___ when it comes to goal setting.
2. Have you set goals before? How did it go for you?
3. Is there a difference between short and long term goals?

WEEK 10 CHECKLIST

Here's your ticket to a successful Week 10:

- Complete your Short Term Goal worksheet (make a copy of the slide)
- Schedule time to discuss The Big Three together

WEEK 11

LONG TERM GOALS



INTRODUCTION

Welcome to Week 11! Now that you have set a short term goal, let's set some long-term goals. The only big differences between a short and long term goal are the scope and length of time involved. Feel free to take a peek at the resources below to help you along your way. Your relationship with your mentor/mentee will give you a safe space to discuss your goals!

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. When I think of long-term goals, the following comes to mind...
2. Talk about a time that you wanted to accomplish something and you did it. How did it feel? Who did you tell?
3. How are long-term goals and careers connected?

WEEK 11 CHECKLIST

Here's your ticket to a successful Week 11:

- Complete your [Long Term Goal Worksheet](#) (make a copy of the slide)
- Schedule time to discuss The Big Three together

WEEK 12

REFLECTION



INTRODUCTION

Week 12 is here! You have made it so far together! The investment you have made in yourself and each other will benefit you for years to come. This week is devoted to celebrating your successes during the past 12 weeks and reflecting on your mentoring experience. Please complete the activities below as you wrap up this 12-week adventure.

THE BIG THREE

Below are three questions for mentors & mentees to answer this week:

1. As I reflect on the past 12 weeks, one thing I am proud of is...
2. One new thing I tried over the past 12 week was...
3. Something I have learned about myself over the past 12 weeks is...

WEEK 12 CHECKLIST

Here's your ticket to a successful Week 12:

- Complete your mentoring reflection survey.
- Schedule time to discuss The Big Three together