

January Monthly Mentor Tip: *The Mindful Mentor*



I am a mentor

Being a mindful mentor does not mean we start each Goal Buddy visit with meditation. We are not creating Zen relationships with our students. What we are doing is our best to create effective and satisfying relationships with our students when talking about their success and achieving their goals.

Being mindful can lead to positive mentoring relationships by connecting us to the current moment. As we all know, mentoring does not always lend well to being in the moment.

To help connect to the moment we looked at different ideas and practices and found the Seven Pillars of Mindfulness most useful in strengthening our connection with students.

The basic Mindfulness concepts are easy and do not take a lot a preparation—just BREATHE.....

SEVEN PRACTICES OF A MINDFUL MENTOR

1. **NON-JUDGING:** Observe without judging or getting lost in your own thoughts. Step outside what you believe to be true and engage in the moment.
2. **NON-STRIVING:** Sounds ironic but “DO NOT SET GOALS”. Relax and be yourself, there is no need to control the situation or outcomes.
3. **ACCEPTANCE:** Have a willingness to accept things the way they are.
4. **LETTING GO:** Allowing things to be as they are. without getting caught up in our attachment or rejection of the situation.
5. **BEGINNER’S MIND:** See things as if for the first time. Do not let your thoughts of what you believe to be true prevent you from seeing things as they are.
6. **PATIENCE:** Remembering that things must unfold in their own time.
7. **TRUST:** Be confident that things will unfold within a dependable framework that embodies order and integrity.

