



TerrificMentors International

The Seal of True Mentoring

- practical experience and expertise

How to Become a Family Mentor (HBFM)

Mentoring aims to effect long-term change in the way people approach life by sharing practical experience and expertise - and caring for them

Many people want to be able to Mentor those with who they are in frequent contact – family, children, friends, workmates - and even acquaintances who seek their advice from time to time. Generally, these people do not want to become Professional Mentors, they just want to be able to help a bit more than they feel they can at present.

TerrificMentors International Pte Ltd has a programme for such people by John Bittleston, Eliza Quek and Denise Pang. Called “**How to become a Family Mentor**” it consists of an explanation of mentoring, the characteristics that a mentor must have - and those that are desirable but not essential – and a series of exercises for a potential Mentor to undertake to improve his or her effectiveness.

Each attribute that a Family Mentor must have is covered by an exercise, described below. The programme is conducted by email and SKYPE with four face-to-face meetings with your Mentor during the course of the programme

As you complete each exercise your Mentor comments on your work and shows you the way to be even more effective. Your email or SKYPE or face-to-face discussion with your Terrific Mentor continues until your Mentor is satisfied that you have mastered the subject adequately.

[1] **Common sense.** Mostly misunderstood and always greatly underrated, developing common sense is perfectly possible with help and a modest intellect. We define it as “the obvious – with a little creativity added”.

The exercise for commonsense gives you a real life situation to solve. The subsequent email, SKYPE, face-to-face discussion with your Mentor shows you how to apply the lesson to any situation.

[2] **Rough edges smoothed.** All thinking people have ‘rough edges’, matters that make them irritable, inconsiderate, mixed-up, impatient and sometimes bad tempered. Life generally smoothes away the worst of the rough edges. For potential Family Mentors this is vital so that their rough edges do not interfere with the sensitive and often delicate work of mentoring.

For “rough edges smoothed” you take a trip down memory lane - an essential part of your journey towards becoming a Family Mentor.

[3] **Care.** Care is about independence, not dependence. We care most about things that affect us. That is how we survive in a competitive and dangerous world. We care for the helpless, the destitute, the mentally disadvantaged, as we should. But we often forget that care is at the heart of all relationships. It is needed by the successful, the leaders, the ordinary person struggling to make a living and support a family, by the child working to pass exams, by the middle manager stuck in a boring job. A Mentor must care profoundly. His Mentees must know that his heart and soul is in his caring and that he is not simply a teaching or preaching vehicle.

We cannot teach care but we can get you to show – to yourself as well as to us – how you care. In our discussions after the lesson we will help you see the value of caring and how to do it well.

[4] **Listening and questioning.** These are vital qualities for a Family Mentor. They are both much more difficult than most people imagine. They demand thought, preparation and appropriate response. We have two exercises.

The **first**, on listening and observation, requires a simple discipline which when practiced will transform your enjoyment of the world. The **second** exercise puts you in the hot seat at a very difficult time in someone’s life. Dealing with a highly Family but universal problem sets you thinking hard. Your Mentor helps you in discussions after the lesson.

[5] **Wisdom and the Art of Story-telling.**

[5a] **Wisdom.** Life's most important ingredient is wisdom. All problems handled wisely become less onerous. All opportunities in the hands of the wise become benefits for everyone, not just for wise people themselves. Life is not a zero-sum game. Life's best teacher is example.

Your lesson in wisdom is also a lesson in observing. There are no right and wrong answers to it, only points of view, all of which are valid. Some views will demonstrate a likelihood that you are going to be a great Mentor; other points of view will suggest ways of improving your **Wisdom Quotient (WQ)**.

[5b] **The Art of Story-telling.** When example cannot be physically demonstrated it can be passed on in stories. From the time when man could first communicate the story has been the most powerful teacher, guide and religion.

You will be given a chance to show how you can use your imagination to produce good stories, well told. In the talks with your Mentor afterwards you will learn the key elements in story-telling. Once mastered this is the most powerful communications tool you will ever have.

[6] **Lucidity.** All communication demands that you receive (listen) and give (speak or communicate in some other way). How well you do this will determine how useful your communication is.

Your lesson in lucidity will be one of the harder ones for some people. The good news is that everyone can do it, sometimes with a little help and encouragement.

[7] **Creativity.** Already mentioned as a vital ingredient in Commonsense, Creativity is an essential part of mentoring. Because **creativity is the ability to perceive relationships** it makes a whole set of demands on a Family Mentor beyond what they may have needed in the past. **TerrificMentors International** has a complete course in Creativity. We cannot do that here but you will be given a chance to demonstrate your level of creativity and in subsequent discussion we will consider how it might be strengthened.

Your lesson in creativity is obvious, isn't it? You have a chance to create! Do not worry; you have already been creative in your previous six lessons. It is getting easier for you now. You will succeed.

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Your programme on **How to become a Family Mentor** is conducted:
[a] by email and SKYPE at a cost of S\$1,400

OR

[b] with four face-to-face meetings included at a cost of S\$2,800.

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When you have satisfactorily completed the programme you receive a **signed Certificate** certifying your completion of this programme and stating that you are, in the view of TerrificMentors International Pte Ltd, of a standard that allows you to be a **Family Mentor**.

[N.B. This is not the same as being a TerrificMentor for which more detailed and rigorous training is conducted.]

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To find out more or to sign up for the programme please contact one of the Directors of TerrificMentors International Pte Ltd:

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