



## North-East Thrive Mentorship Program

### Pilot Mentorship Program 2024

### Masterplan

#### **Objectives:**

- Support at risk youth with mentorship and guidance.
- Build a sense of community within the NE by fostering relationships to help build positive connections in creating contributing members to our community.
- Create a network that fosters professional connections and opportunities between mentors and mentees. This can include career opportunities, emotional support and lifelong support.
- Using sport as the platform to bring people together, in spaces and programs where at-risk youth can find belonging.

#### **Dates and Spaces:**

- 12-week pilot – January 7<sup>th</sup> thru to March 25<sup>th</sup>, 2024
- Genesis Centre MPR A sessions (includes a guest speaker and presentation):
  - January 7<sup>th</sup> 4-6pm
  - February 4<sup>th</sup> 4-6pm
  - March 4<sup>th</sup> 4-6pm
- Flexibility on other weeks (i.e., drop-in passes for mentor matches to drop-in anytime at Genesis Centre, or flexibility to meet in the community at a mutually convenient time.

#### **Role of a Mentor:**

- Provide advice and wisdom
- Share personal experience on how to deal with challenges
- Provide an objective ear
- Help the mentee see things from a different perspective
- Embrace mentee potential
- Connect you both to a broader network
- Assist mentee in building towards their career goals
- Engage mentee in organic conversations and play via sport
- Be available for the entire 12-week pilot, for at least 60 minutes, starting January 7<sup>th</sup> thru to March 25<sup>th</sup>, 2024
- Provide a valid recent (last 60 day) vulnerable sector Police Record Check
- Be open with feedback and communicate if something is not working

#### **Mentors are not here to:**

- Tell mentees what to do
- Chase mentees
- “Get/Give” mentees a job etc.

**Role of a Mentee:**

- Be open and honest with information
- Be receptive to positive feedback and support from your Mentor
- Share expectations
- Keep in regular contact
- Keep the conversations positive
- Listen to advice but make your own decisions
- Be available for the entire 12-week pilot, for at least 60 minutes, starting January 7th thru to March 25th, 2024
- Be open with feedback and communicate if something is not working

**Target audience and capacity:**

- Pilot goal, 10 mentors and 10 mentees
- Adult mentors originally from the NE who have chosen a positive path and wish to support at risk youth to thrive and reach their full potential
- At risk youth, high school age, in the NE – although no one will be turned away

**What to expect:**

Early January there will be a 2-hour orientation and training session for all mentors.

Day 1: Tuesday, January 7<sup>th</sup> 4:00pm Mentor and Mentee group introduction. Mentor leads conversation creating one page goal sheet with key dates and contact information.

Weekly:

Find a minimum of 60 minutes in the 4-6pm window. Come to Genesis and connect or meet in the community. There will be snacks and an area to sit and have organic conversations and open facility spaces to have some fun and engage on the court.

Every 4 weeks there will be a guest speaker present for approximately 20 mins at 5:00pm. Great chance to engage with mentor/mentee pairs to discuss the story that was shared.

Last day: March 25<sup>th</sup>, 4:00pm wrap up celebration with special guest visit

**Feedback:**

A survey will be conducted frequently to gauge the effectiveness of the program and a larger survey will be conducted at the end.

**After the 12 weeks?**

As this will be a huge success, we will be kicking off the next round in the new year. We will also be working towards having more organic connections, with parents' approval, outside of Genesis. Continue to work together and grow the mentor/mentee relationship.