



**ERASMUS+ TRAINING COURSE
CONNECTION WITHIN YOU(TH)**

**MENTORING MANUAL TO SUPPORT
AND EMPOWER YOUTH.**

“Connection within You(th)” training course guided 24 participants through mental forests and actual forests in the Spring of 2022, in North-East Latvia to experience, gain and try out different components of mentoring. They had the chance to dive into them fully, while connecting to themselves, nature and others. Gaining crucial knowledge to bring back to their communities in order to empower, guide and transform the environment around them.

In this manual you will find 4 components of mentoring that are crucial to keep in mind while working with people and a printable-foldable pocket tool to mentor and deepen the mirroring process of one’s path towards becoming who they want to become.



MENTORING

A way to support and empower people to maximize their potential, develop their skills in order to become the person they want to become.

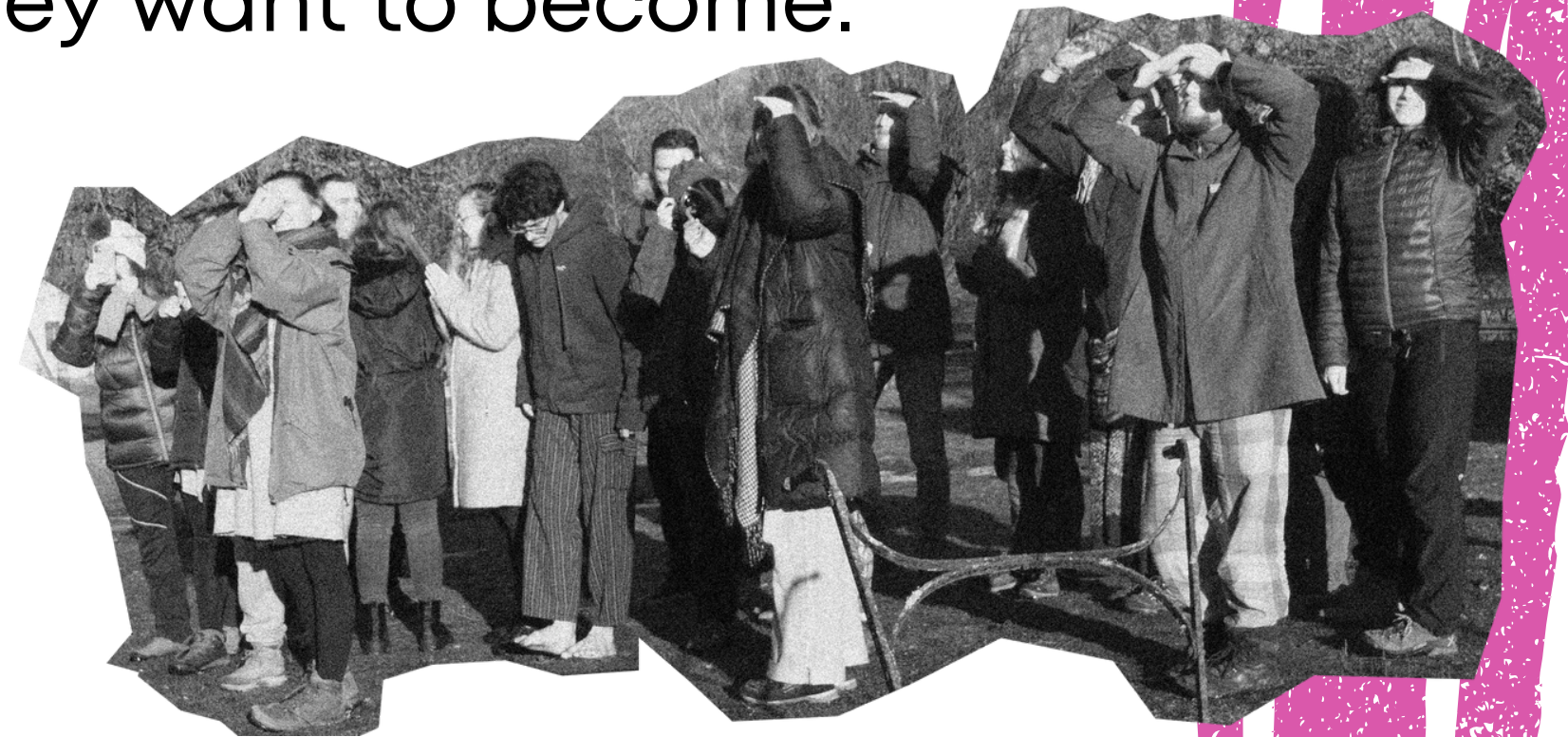
Mentoring contains:

listening

asking questions

mirroring

tracking



In all these components heart based noticing/seeing is crucial to reveal the real story between all other stories that exist in us and around us.

LISTENING

Listening is crucial in mentoring, as it asks to truly hear what is being said. Active listening or heart based listening is needed while hearing one's story.

Active listening or heart based listening means that you are allowing the story to move you, letting the emotions that are coming to land and connect with you. It means that you are listening without analysing the story, taking it in as it is and letting the story work you not the other way around.





ASKING QUESTIONS



Generative questions or open questions are the ones who give the talker the chance to expand on what they are telling.

The questions might start with:

What.. Where.. How..Who..When..

‘Why’ can be a tricky question, always check in with yourself where it is coming from, is it a question that can be helpful-for the one who is telling a story or is it a selfish need of knowing some details?

Supportive curiosity is crucial while asking questions. It is the notion of honestly being curious regarding what’s being told, not having self-driven intentions behind it, but rather thinking of the person and the needs of them.

MIRRORING

Mirroring is the ability to reflect back the beauty of the story with love and compassion.

The “mirror” is the person who is listening to one’s story.

It is important to reflect back the qualities, resources, values, emotions, reactions of the body, personal powers that are expressed by the teller.

You can mirror back while:

- retelling back the key elements of the story
- reflecting back symbols, metaphors, archetypes, images to enrich the story
- reflecting back “the heart” of the story - the part that touched the listeners heart the most while listening to the story.

start with “I see a woman/ I see a man/ a person who...”



TRACKING

Tracking is the notion of following a trail or movements of someone or something, typically to find them or note their course.

To notice of what is repeating, what is the person coming back to, continuously implementing or reaching out to in their life.

While tracking someone keep an eye out for: longings, values, passions, talents, dreams, gifts, themes, visions that are coming up in their story.



In the next page you will find printable pocket tool for 'one to one' mentoring and deepening the mirroring process. Use this tool to note down what you are hearing during a conversation or after it and then mirror back to the person what you heard with your heart.

If you need help folding it and cutting it follow this link-
<https://www.youtube.com/watch?v=keX3nBEcw2Y>



*What are the main feeling
that you received from the
one telling the story?*

*What are you noticing in the body
language of the one who
is telling the story?*

*Which elements of the story
stand out the most?*

*What are the key aspects that
you are hearing in one's story?*

*What sort of values do you see in the
one who is telling the story?*

*What dreams/longings
are you hearing?*

*Supportive questions that
came to you while listening?*

ERASMUS+ training course

Connection within You(th)

MENTORING-ZINE

*Listening
Hearing
Feeling
Noticing
Guiding*



Erasmus+



Agency for International
Programs for Youth
Republic of Latvia

The material is created during project “Connection within You(th)” which gathered 24 youth workers from Latvia, Romania, Italy, Slovakia, Slovenia, Iceland Greece and Portugal in order to develop the resources and competencies of youth workers in mentoring, to create profound and sustainable learning environments for supporting youth inclusion in personal, social and professional life.

The program was built around these 5 intentions:

1. To increase the knowledge related to social connection and professional inclusion.
2. To enhance the skills in guiding and empowering through one to one mentoring methodology young people are at risk on the path of professional inclusion and social connection.
3. To increase the motivation of youth workers to work with youth at risk for their social and professional inclusion.
4. To equip youth workers with innovative and quality non-formal education methods and tools that foster the inclusion of youth at risk, during the project period.
5. To provide youth organizations and youth workers with opportunities for cooperation, common initiatives and peer support, fostering quality improvements in European youth work.

The project has been developed in line with the objectives of the Erasmus+ and it directly responds to the renewed EU Youth Strategy which prioritizes social inclusion of all young people as well as to the proposed renewed EU Youth Strategy for 2019 - 2027, that focuses on engaging, connecting and empowering young people.

The project is implemented by Aluksne and Apes Community Foundation in cooperation with Familija - izobraževalni in terapevtski center (Slovenia), Mladeznicka organizacia Plusko (Slovakia), Asociatia Actions for Change (Romania), Hives Project (Greece), Aventura Marao Clube (Portugal), VulcanicaMente (Italy), Skolaskrifstofa Mosfellsbaejar (Iceland),

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