

A stylized, teal-colored graphic of two hands shaking, positioned diagonally across the lower half of the slide. The hands are rendered with a slight gradient and soft shadows, giving them a three-dimensional appearance against the dark background.

Holistic Mentoring: What I Learned From My Grandmother

Maggie Werner-Washburne

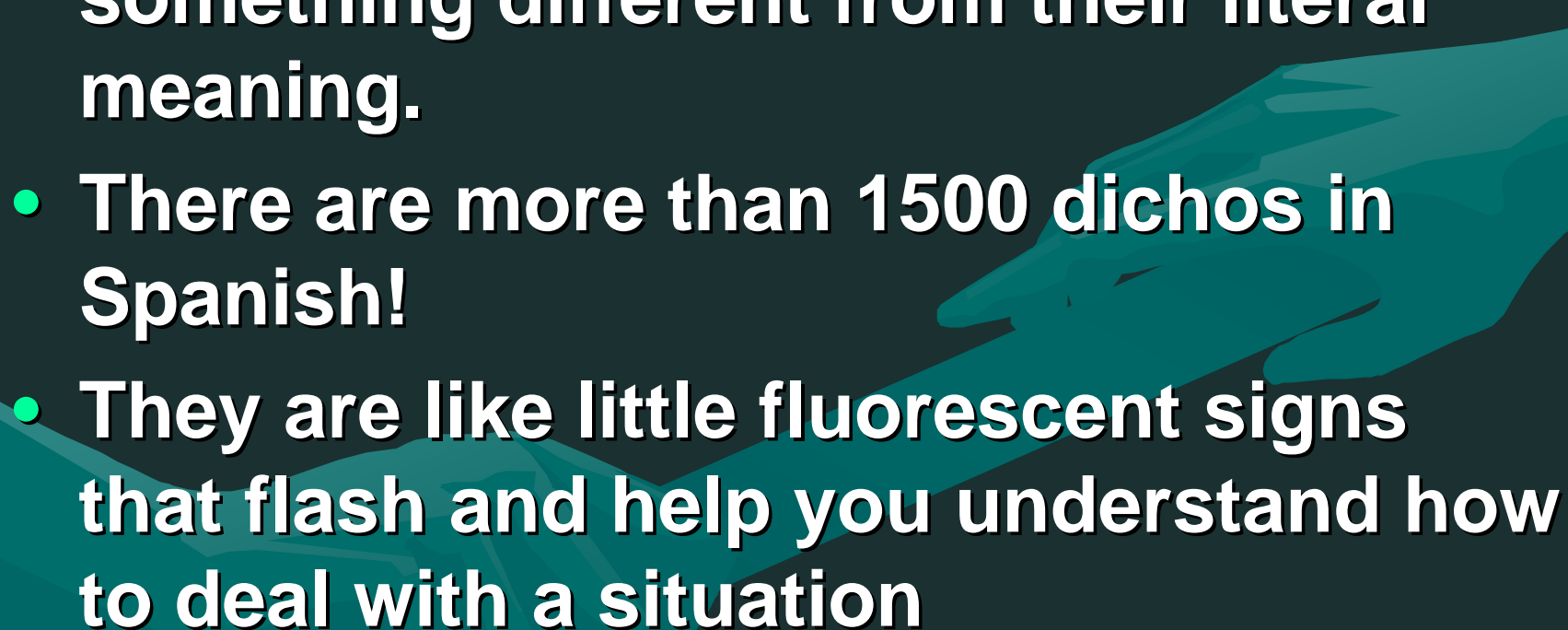
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Where did *mentor* come from?

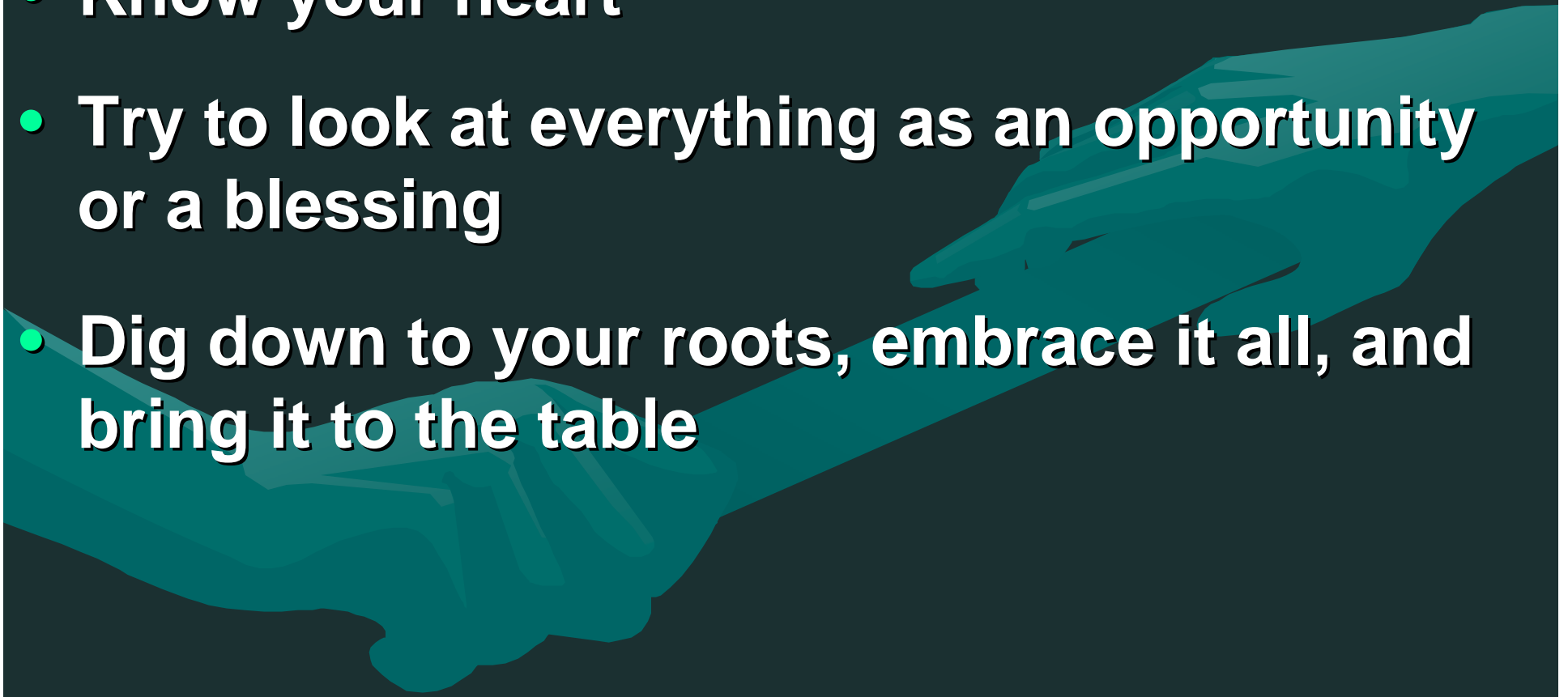
- In Greek mythology, Mentor was the son of Alcumus and, in his old age, a friend of Odysseus.
- When Odysseus left for the Trojan War he placed Mentor in charge of his son, Telemachus, and of his palace.
 - *We think we can identify mentors for other people*
- When Athena visited Telemachus she took the disguise of Mentor to hide herself from the suitors of Telemachus' mother Penelope.
 - *Being a mentor requires the ability to put yourself in someone else's shoes*
 - *The person who is the mentor is not always who you think it will be*
- As Mentor, the goddess encouraged Telemachus to stand up against the suitors and go abroad to find out what happened to his father.
 - *You can lead a horse to water, but you can't make him drink*
- When Odysseus returned to Ithaca, Athena (in the form of Mentor) took the form of a swallow and the suitors' arrows had no effect on him.
 - *A good mentor often performs great, unseen miracles*

Dichos

- A set of words given to express something different from their literal meaning.
 - There are more than 1500 dichos in Spanish!
 - They are like little fluorescent signs that flash and help you understand how to deal with a situation
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- A stylized illustration of two hands shaking, rendered in shades of teal and green, positioned behind the text on the right side of the slide.

Mentoring principles

- Know your heart
- Try to look at everything as an opportunity or a blessing
- Dig down to your roots, embrace it all, and bring it to the table

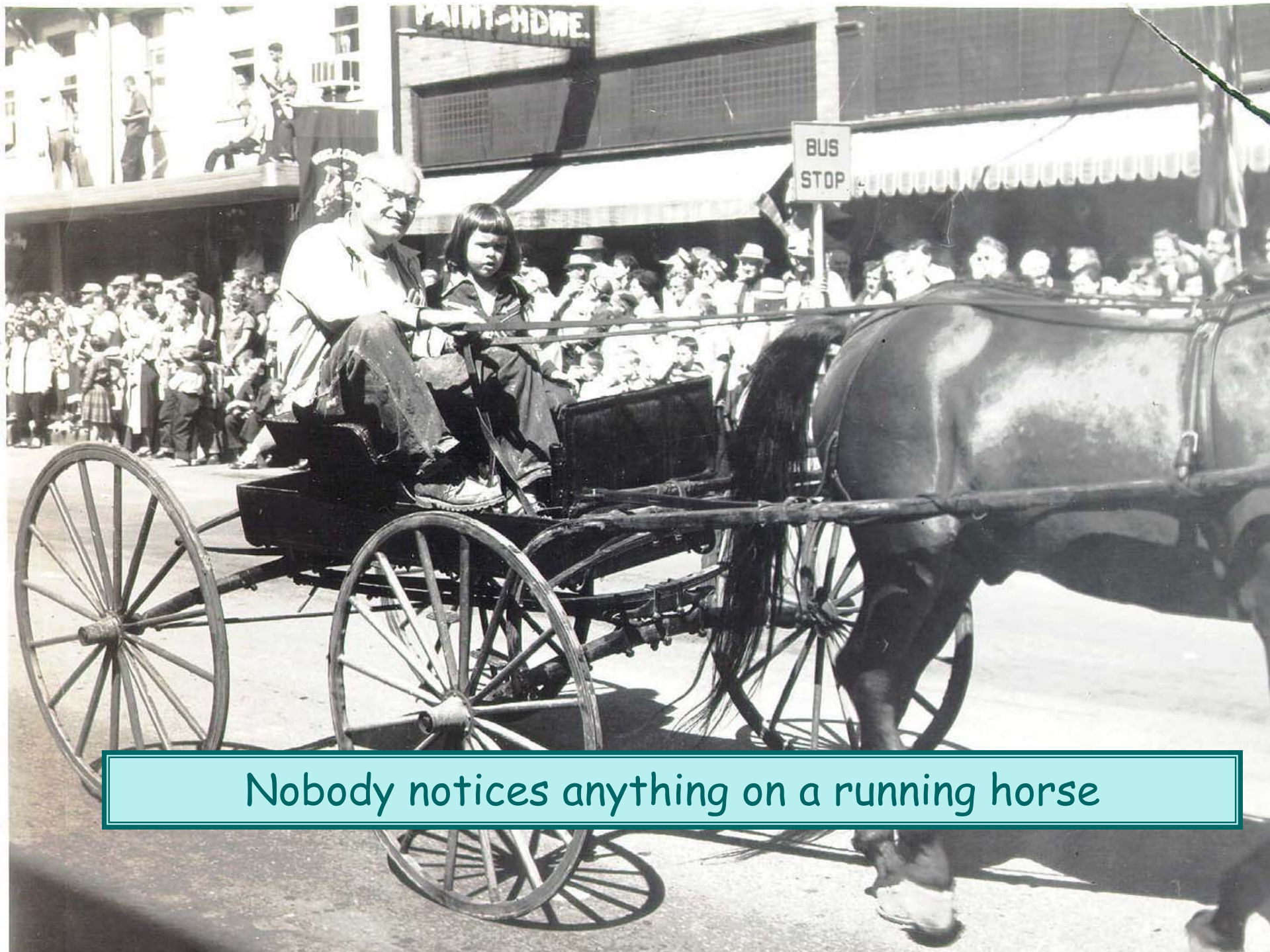




Thank God for Nothing



No hay mal que por bien no venga
It's an ill wind that doesn't blow somebody some good



Nobody notices anything on a running horse

Man proposes, and God disposes



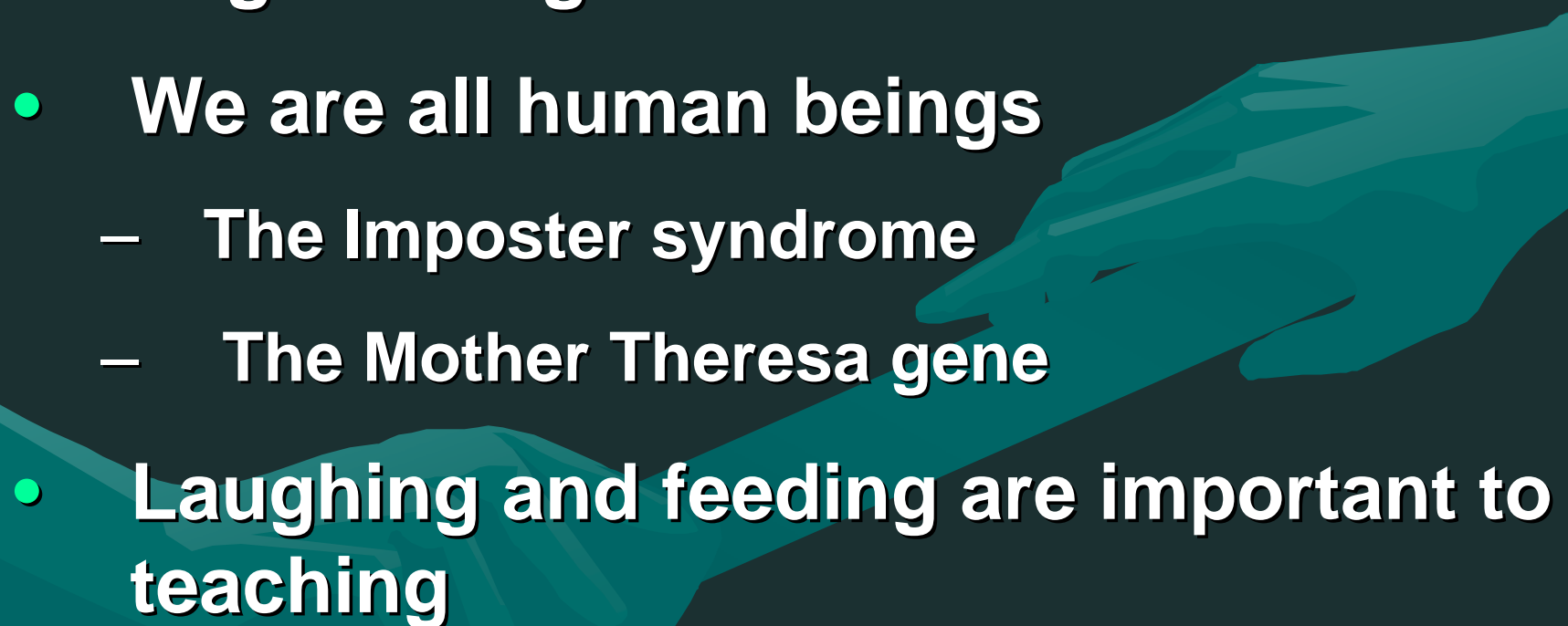
Where there is a will there's a way: Mentoring is best as a team effort



The Lab



Things to Remember

- Every age is harder to watch than it is to go through
 - We are all human beings
 - The Imposter syndrome
 - The Mother Theresa gene
 - Laughing and feeding are important to teaching
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- A stylized illustration of two hands shaking, rendered in shades of teal and green. The hands are positioned diagonally across the lower half of the slide, with one hand on the left and one on the right, their fingers interlaced in a firm grip. The background is a dark teal color.

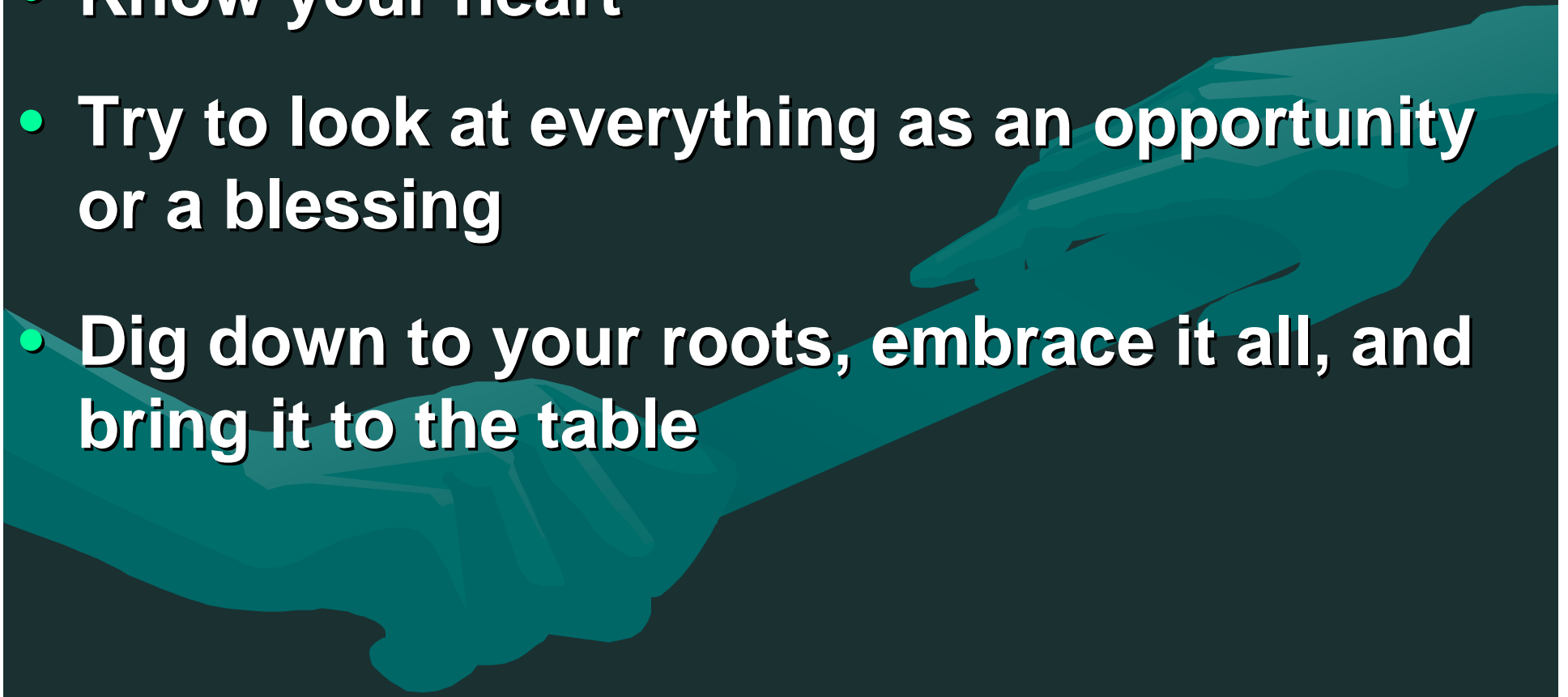
What are your dichos?

What are your inspirations?



Mentoring principles

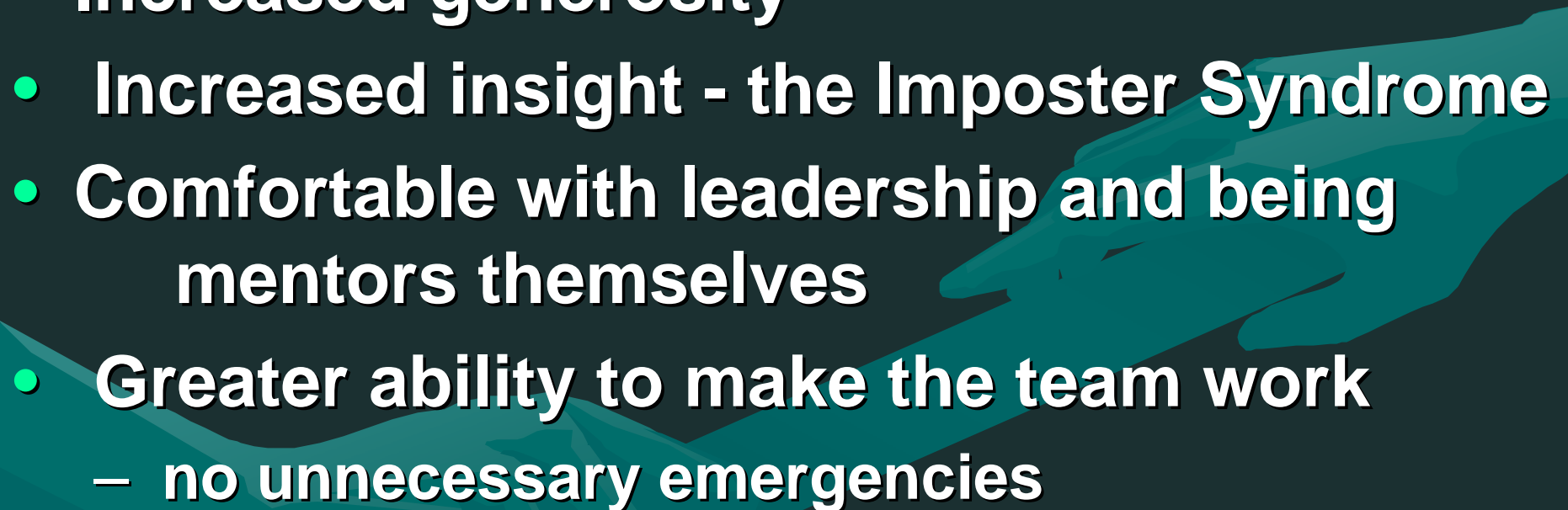
- Know your heart
- Try to look at everything as an opportunity or a blessing
- Dig down to your roots, embrace it all, and bring it to the table



Identifying a potentially great mentor

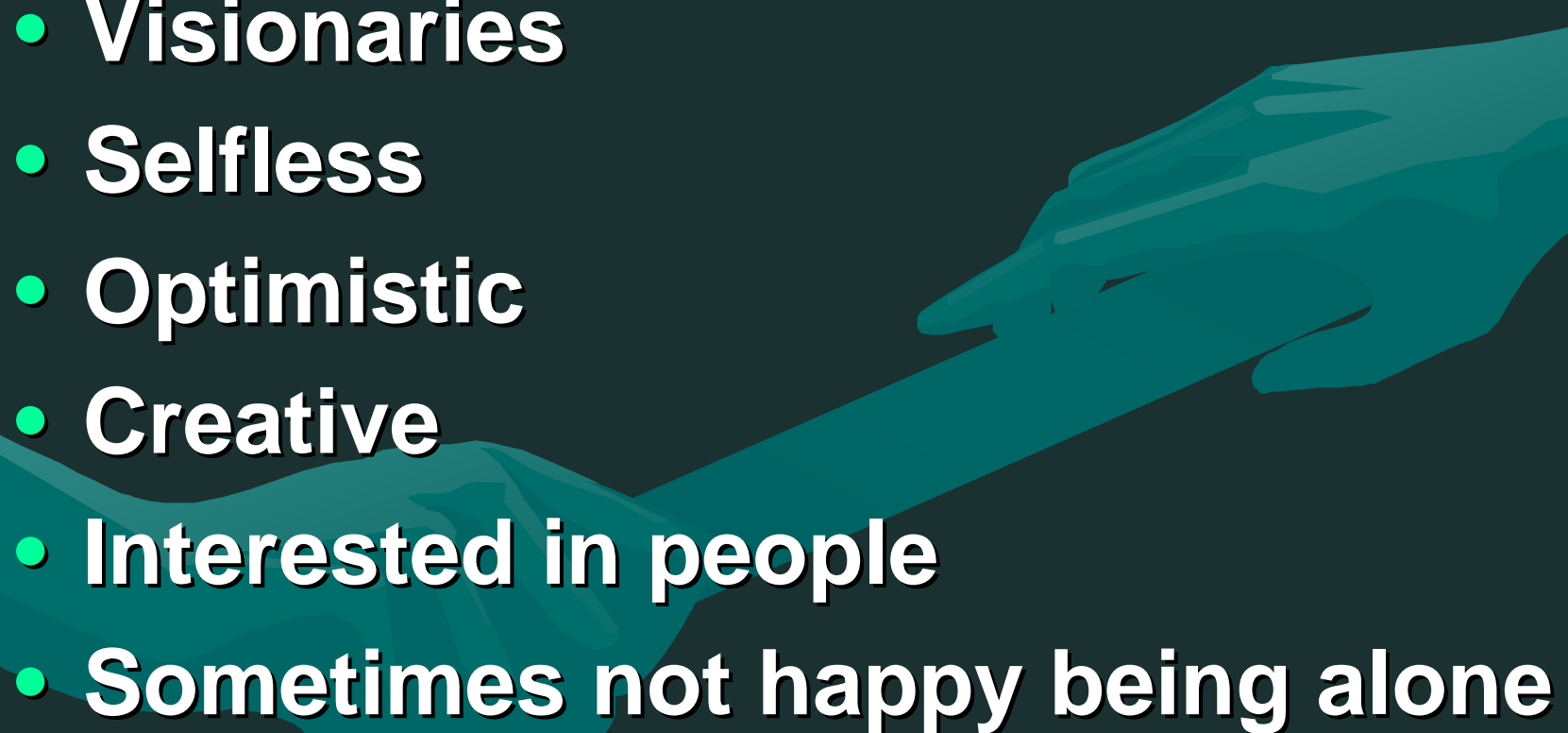
- How do you work with different people?
 - How diverse are your experiences and your friends?
 - What do you find interesting about people?
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- A stylized teal graphic of two hands shaking, positioned diagonally across the lower half of the slide. The hands are rendered in a flat, teal color with some shading to suggest depth. The background is a dark teal gradient.

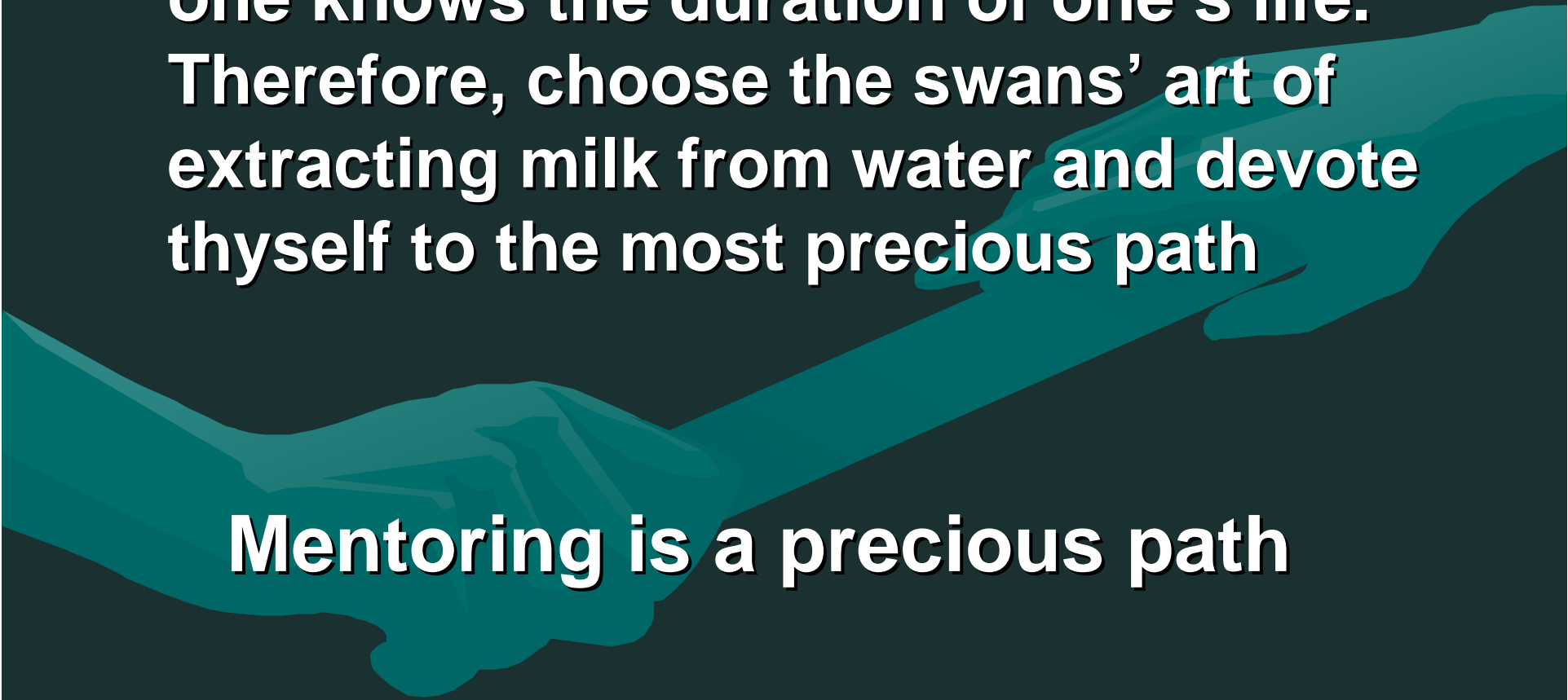
How I know when mentoring works?

- Decreased passivity, increased creativity
 - Increased generosity
 - Increased insight - the Imposter Syndrome
 - Comfortable with leadership and being mentors themselves
 - Greater ability to make the team work
 - no unnecessary emergencies
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- A stylized teal graphic of two hands shaking, positioned diagonally across the lower half of the slide. The hands are rendered in a flat, teal color with soft shadows, symbolizing agreement, support, or mentorship.

Everyone's virtues are their faults

Mentors are often

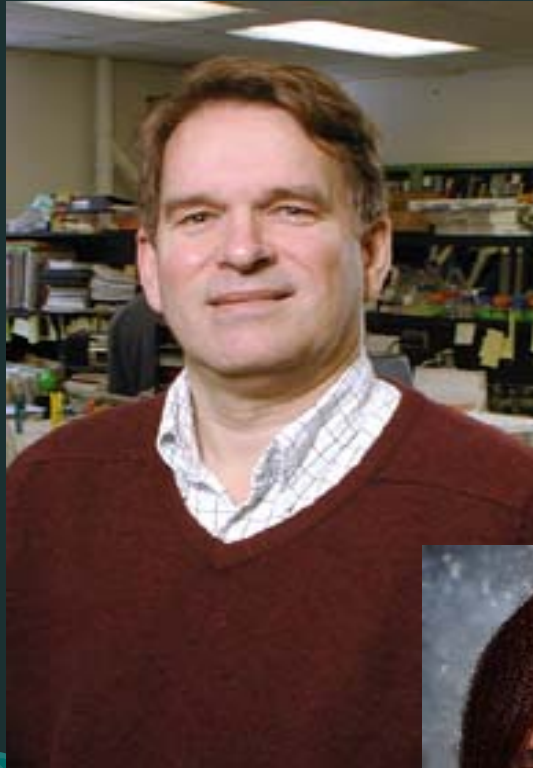
- **Life-long learners**
 - **Visionaries**
 - **Selfless**
 - **Optimistic**
 - **Creative**
 - **Interested in people**
 - **Sometimes not happy being alone**
- 

A stylized teal graphic of two hands shaking, positioned diagonally across the slide. The hands are rendered in a flat, semi-transparent teal color, with the fingers and palms clearly defined. The background is a dark teal gradient.

Time is fleeting, knowledge is vast. No one knows the duration of one's life. Therefore, choose the swans' art of extracting milk from water and devote thyself to the most precious path

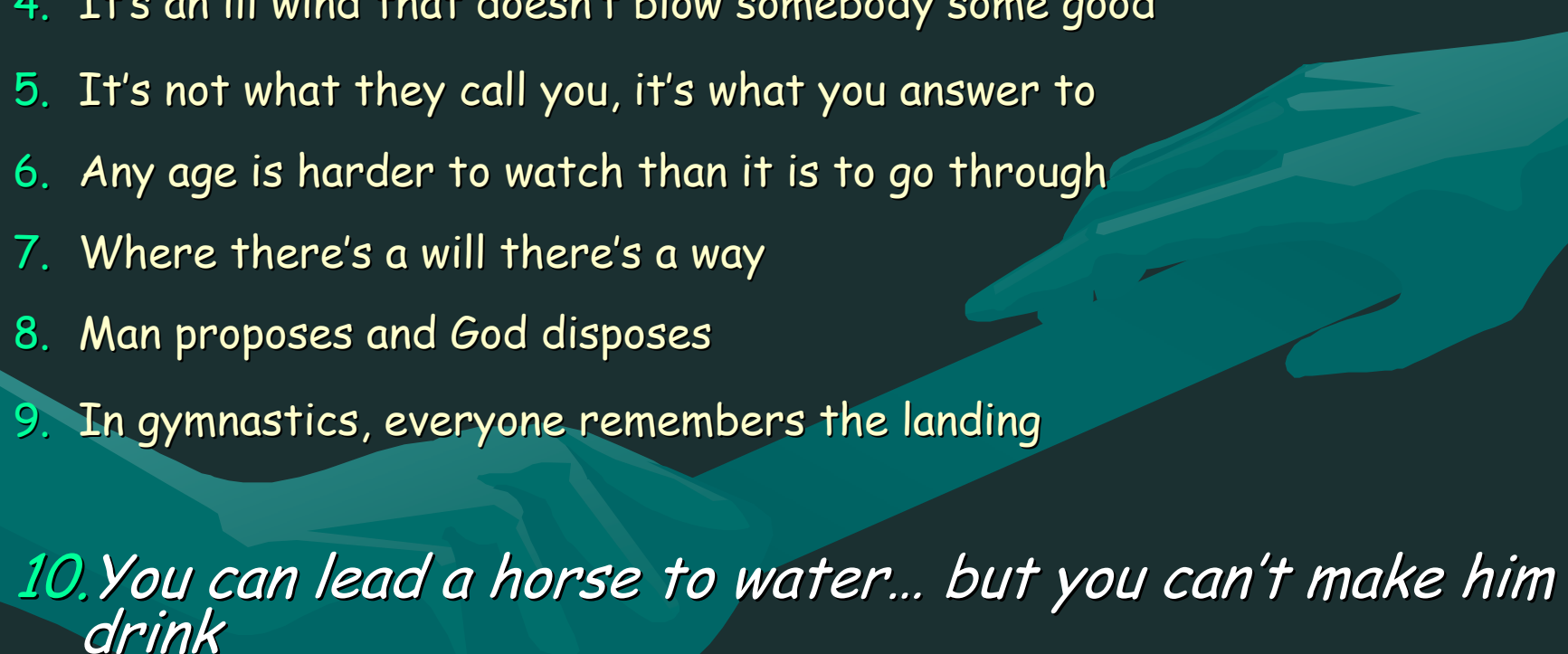
Mentoring is a precious path

My mentors:



Mentors are the beginning..

Top 10 dichos for mentors

1. Thank God for Nothing!
 2. Everybody's virtues are their faults
 3. You don't notice anything on a running horse
 4. It's an ill wind that doesn't blow somebody some good
 5. It's not what they call you, it's what you answer to
 6. Any age is harder to watch than it is to go through
 7. Where there's a will there's a way
 8. Man proposes and God disposes
 9. In gymnastics, everyone remembers the landing
 10. *You can lead a horse to water... but you can't make him drink*
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Goals

- Help students see their potential
- Help them hear what their hearts are telling them
- Help them understand that challenges are best viewed as opportunities
- Help them remember where they come from and their connections in life
- Allow them to recognize their strengths and appreciate what their weaknesses tell them
- Inspire them to achieve - and to understand how success can be defined
- Make them responsible - it is their decision and they need to own it