NOTES FOR MENTORS

GROWING LEADERS

Introduction

Thank you for being prepared to serve as a mentor for Growing Leaders. These notes relate specifically to the spiritual health check, which is one part of the course. Please use the 'mentor guide' packs for a full briefing on the role of the mentor. This spiritual health check is an opportunity for each person to reflect on their discipleship of Jesus, and is linked to the material in session 2 on spiritual disciplines. We take this approach for three reasons:

1. Discipleship is foundational to any leadership role they may exercise.
2. It is unwise to assume a high level of discipleship in many churches.
3. Most people won't have had an opportunity to review their life in this way before.

Your aim is to help a mentee in his or her self-reviewing by providing a degree of objectivity and by helping them to grow in openness. You may ask them questions that help them to reflect more deeply on the answers they have given. They may want to clarify a question. It is important to remember that you are not a counsellor or spiritual director.

Preparation

- Fix a time to meet. You should allow about an hour. Let them choose a venue where they will feel most at ease (their home, your home, church centre, a café etc.).
- Read over a copy of the form and the introductory notes.
- Pray for the gift of listening and insight so as to know what will be helpful questions. Thank God for the person you are about to meet and for their desire to grow as a disciple.

The One-To-One

At your first meeting offer to say a brief prayer committing your time together to God. Let the mentee know that you are expecting to meet for about an hour. Try and stick to this. Let them know that you don't expect to do much of the talking beyond asking some supplementary questions and that they can use you as a sounding board. Remind them that you will not be counselling them or directing them. Tell them that you do not expect to see their spiritual health check form and that it is entirely up to them to choose how much to say about any section. Reassure them that your conversation is confidential and that if any feedback to the leaders of the course is appropriate, they will have the chance to agree the content.

Working from a blank version of the form, encourage them to go through their completed form. Ask them if it's OK to make brief notes as you go to help fill in any appropriate action points. Tell them that they will be able to see these at the end. Do give time to the spiritual disciplines as part of your conversation. Here are examples of questions you might use:

- How easy / difficult did you find it to complete this section?
- Why did you put it like that?
- In what ways was it difficult?
- Why particularly was it encouraging?
- What did you think about the material on spiritual disciplines? Which disciplines do you think God might be prompting you to take up?
- Is that something you'd like me to feed back to others in leadership within the church?
- How do you think you will act on that?

If in the course of the conversation you feel that there is something that might require particular pastoral care or counselling, raise it in a gentle, non-directive way e.g. 'That might be something you could talk to N about, if you wanted.'

At the end, work through any action points you've recorded overleaf to ensure they are an accurate reflection of the conversation. You will want to return to these at your next meeting to see how things are progressing. Offer to pray for your mentee. Remember that some of us feel more relaxed about open prayer than others.

ACTION FORM

The mentor completes this form as a summary of the conversation with the mentee. The aim is to identify any action points from the conversation. At the end of your meeting, read through them and ensure the mentee agrees with that you've written. When you next meet you can see how things have progressed on each point.

Self-reviewer:

Mentor:

Date:

Any points to feed back to others within leadership in the church:

Action points for the mentee: