

How to Handle Difficult Mentoring Sessions



- **STEP 1:** DO NOT be discouraged! Not every mentoring session is going to be perfect or will even go according to plans. There is bound to be a few mentoring sessions that are difficult.
- **STEP 2:** Brings these concerns to the Lord in prayer, ask God for His wisdom and seek His guidance on how to navigate through these difficulties.
- **STEP 3:** Spend some time debriefing and reflecting with your co-mentor on why that mentoring session had been particularly difficult:
 - *Was it the topics discussed?*
 - If a subject was particularly sensitive, consider changing the subject so that everyone in the group feels comfortable.
 - Maybe you and your mentee share different views on a particular subject that sparked a debate. It is okay to acknowledge each other's views respectfully.
 - *Were the mentees distracted with other things?*
 - If the place was too noisy or their friends or family were around, consider choosing a quieter and less distracted place to meet next time.
 - If the mentee was constantly checking their phone, consider implementing a "no cellphone rule" by having everyone stack their phones in the middle of the group during mentoring time. Then, after the final prayer, everyone can get their respective phones back.
 - *Did the mentees lose interest and seemed bored?*
 - Create a safe environment for the mentee to share what had been going on in their life. You may consider connecting with the mentee's parent or guardian for further insight on what the mentee may be going through.
 - *Was this difficulty something that your group had experienced in the past? If so, what solutions did you try? Did they work? If not, what could be changed this time?*
 - Some approaches may work for a while, but then stops. It is also good to evaluate what worked and what did not work in the past.
- **STEP 4:** Share these concerns with your mentor coach for any guidance, and feel free to bring these issues up during the mentors meeting (once every six weeks) for any suggestions from other mentors that could be helpful.
- **STEP 5:** Take a deep breath. Relax. Relationships take time to build. You have got the next mentoring meeting to try again!
 - Spend time praying for your mentees before the mentoring sessions, asking for the Holy Spirit to guide and protect your time with the mentees, and pray against any spiritual forces that may be attacking your time together.