

*Building bridges that connect
everyone to dynamic life in Christ*

MENTORING



Active Listening and Asking Good Questions

One of the essential parts of your relationship with your mentee is hearing he/she is in their journey with God. Discernment is a big part of this. There are also some good skills that were discussed in training.

Here are a few reminders:

- Remove distractions when you are meeting with your mentee. This includes technology. Encourage your mentee to do the same.
- Be Present – Focus on what your mentee is saying. It can be tempting to think about your response while he/she is talking. Also be careful not to think about what someone else is saying applies to or reminds you of something in your own life.
- Be okay with silence. It makes space for the Holy Spirit and gives the person time to gather their thoughts).
- Ask open ended questions. What? How? Why? Try to stay away from questions that can be answered with yes or no.
- Follow up with a question about how that event or person made them feel.