

Theory 3

CONDUCTING A MENTORING SESSION, PART II

Addressing the Particular Issue

Objective: Help mentee to Form a Strategy to address the Particular Issue uncovered in the first part of the mentoring session.

Introduction: In Theory 2, we examined the first part of a mentoring session, the objective of which was to capture a snapshot of the mentee's spiritual life followed by identifying a particular issue. In this theory, we will explore the kinds of questions and responses to help the mentee develop a strategy in order to work on their particular issue. This is Part II of the mentoring session.

There may be more than one issue that is discussed in a mentoring session. However, we must deal with them one at a time. We must always keep in mind the objective.

Addressing the Particular Issue

The resolution of the mentoring session will be more completely embraced if it is one that involves their participation rather than simply being told what to think and do. We want to ask the right questions and then listen carefully:

1. **What do you want?**
2. **What** is preventing you from reaching this desired state?
 - a. Is that true and is that a full picture of reality?
 - i. Make the mentee be specific; they often exaggerate or offer vague responses.
3. What does God want?
4. Brainstorm – what could you do to start taking steps toward the goal?
5. What do you want to do about it? What could a strategy be?
6. Can you anticipate what might go wrong and what you may have to do in that case? Can you add elements to your strategy as a safeguard?
7. What can you add to this strategy so you enjoy it, desire and look forward to it?

8. Summarize the strategy the mentee has decided upon and then give them homework.
9. Capture the resolution of this meeting and homework in some method and begin the next session with this.

Conclusion: In this theory we examined the kinds of questions and responses that assist the mentee in developing a strategy to address the issues uncovered in the session. It is always a good idea to capture the strategy in a kind of spiritual homework. You can begin the next session looking at this homework to ascertain effort and growth. By developing practical steps for our mentees, we will find the pathway to holiness is achievable.