



# The Mentoring Center of Central Ohio

Training Mentors. Strengthening Programs. Transforming Lives.

## TRAINING CURRICULA/SCHEDULE

**COST:** FREE for mentors, mentees and staff of partner agencies; there is a \$25 charge for all other attendees

**REGISTRATION:** Call 614.839.2447 x150 or email [emcgory@mentoringcenterco.org](mailto:emcgory@mentoringcenterco.org) to register for a training

**NEW TRAINING LOCATION:** Big Brothers Big Sisters; 1855 E. Dublin-Granville Rd., Columbus, Ohio 43229

**LENGTH OF SESSIONS:** Training sessions are 2 hours from 6pm - 8pm

**CERTIFIED TRAINING:** Participants completing 3 sessions will qualify to receive a certified training certificate.

**WEATHER ALERTS:** During extreme weather, please call **614-839-2447 X104** to confirm whether training will

take place.

Training Session	Training Audience	Topics Learned	2014-2015 Trainings
<b>Making of a Mentor/ Relationship Building</b> <i>(REQUIREMENT FOR ALL NEW MENTORS)</i>	Mentors	<ul style="list-style-type: none"> <li>Learn ways to build rapport and overcome barriers through discussions/scenarios</li> <li>Learn specific communication skills to build your friendship!</li> </ul>	Weds: Feb 25 Weds: April 1 Mon: May 18 Thurs: June 18 Tues: July 21 Weds: August 12
<b>Cultural Dynamics</b>	Mentors	<ul style="list-style-type: none"> <li>Explore the effects of one's own culture</li> <li>Learn to communicate and build bridges across cultures including differences of race, education and economics</li> <li>Learn effective techniques for working with lesbian, gay, bisexual, transgender youth</li> </ul>	Wed: Mar 18 Mon: April 20 Wed: Sep 16
<b>Mentoring the Adolescent</b>	Mentors	<ul style="list-style-type: none"> <li>Learn how to build trusting and successful relationships with adolescents</li> <li>Understand how to help teens cope with new challenges, roles, and responsibilities</li> <li>Learn effective techniques for working with angry and bullied teens.</li> </ul>	Weds: June 24
<b>Going the Distance</b>	Mentors	<ul style="list-style-type: none"> <li>Learn how to go the distance in your relationship with your mentee.</li> <li>Learn the effects, challenges and pitfalls of prematurely terminating the mentoring relationship.</li> </ul>	Tues: Mar 10 Thurs: May 28
<b>Learning Styles Tips for Tutors</b>	Mentors/Tutors	<ul style="list-style-type: none"> <li>Identify and understand learning styles to help your mentee grow</li> <li>Learn tutoring techniques and review child and youth developmental stages</li> </ul>	Wed: August 26
<b>Anger Management</b>	Mentors	<ul style="list-style-type: none"> <li>Understand "trigger points" as well as win-win strategies for resolving power struggles</li> <li>Learn to help kids spot their hot buttons and replace "hot thoughts" with "cool thoughts"</li> </ul>	Wed: July 1 Tue: September 8
<b>Elements of Effective Practice</b>	Professionals	<ul style="list-style-type: none"> <li>Learn about key guidelines that are geared toward starting a mentor program or helping mentoring organizations endure and thrive. Workshop will include: Program Design and Planning, Management, Operations, and Evaluations.</li> </ul>	For location, time, and upcoming sessions, Call 614-839-2447 x201

For leasing curricula, online training, or having the Mentoring Center facilitate training at your site, contact us at **614.839.2447 X150** or [emcgory@mentoringcenterco.org](mailto:emcgory@mentoringcenterco.org)

[www.mentoringcenterco.org](http://www.mentoringcenterco.org)