



The Mentor's Role

There is a term in Transactional Analysis called "the rescuer". The rescuer is identified as someone who puts 51% (or more) of the effort into solving a problem. This may sound noble, but it ultimately results in resentment on the part of the mentee. By over-helping, we deny empowerment and self-esteem to the mentee continuing them in a pattern of dependency and powerlessness. Your major role as a mentor is to help a youth grow in maturity and decision-making skills.

Your mentee may have a number of problems at home or school - problems that you may never have experienced. Do not pity them, or try to "fix" everything yourself. Be mindful of the mentee's own wishes, family desires, or teacher's endeavors. In all cases be truthful. Do not try to be the perfect adult/mentor. The mentee will see right through your actions. It is best to show some real flaws, to be sincere. This will validate the mentee when he experiences like situations.

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