

MENTORS SESSION GUIDE

DAY 6

INTENTION

- Mentee Echo's voice in head.
- Begin Mission work – what want most and how give it.

CHECK-IN

Mentor:

Please check-in using PEMS. *[mentee and mentor check in]*

ACTIVE LISTENING

Previously, on Day 3, I asked you to take a few breaths and go inside and listen for whatever wanted to come up for you. You then shared that with me and I used Active Listening to help you go deeper into what your sub-conscious or maybe a part of you wanted to share with you.

Today, we are going to do something quite similar except we will be asking a direct question first and you will do most of the Active Listening to whatever voice emerges from inside you.

Please take a minute to relax and take a few deep breaths. Now, I will ask you a question and before you answer it, I would like you to take a few moments and allow an answer to come up from deeper inside you.

OK. The question is: What do you want most in life?

Take your time. Close your eyes if that is helpful. Go inside yourself and you may even be able to feel where in your body the answer is coming from. Please share what answer is coming up for you and maybe what part of your body it seems to be coming from.

OK. Now I invite you to echo back to that voice.

Simply say, I hear you say that what I want most in life is:

Now listen and then echo back out loud what it is saying to you.

Listen again.....and keep echoing back what it says out loud.

[mentee continues for 5 minutes]

When that part of you is complete, summarize what you have heard in one sentence, clarify it with the part of you who had given the answer.

I'll take notes for you and you can write it in your journal later.

Now we will move on to the next question and we'll repeat the same process.

So take a deep breath and remember to let the answer come from deep inside you.

The question is: What do you do to give [mentee's greatest want] to others?

Take your time. Close your eyes if that is helpful. Go inside yourself and you may even be able to feel where in your body the answer is coming from. Please share what answer is coming up for you and maybe what part of your body it seems to be coming from.

OK. Now I invite you to echo back to that voice.

Simply say, I hear you say that how I give this to others is: [mentee answer]

Now listen and echo back out loud what it is saying to you.

Listen again...and keep echoing back what it says out loud.

[mentee continues for 5 minutes]

When that part of you is complete, summarize what you have heard in one sentence, clarify it with the part of you who had given the answer. I'll take notes for you and you can write it in your journal later.

CLOSURE

Are you complete for now? Is there anything else you need before we continue?

How was that for you? How did it feel to listen to yourself in this way?

What worked for you, and What did you find challenging?

Thank you. Now, let's check out. You first if you'd like.

CHECK OUT

SCHEDULE THE NEXT SESSION